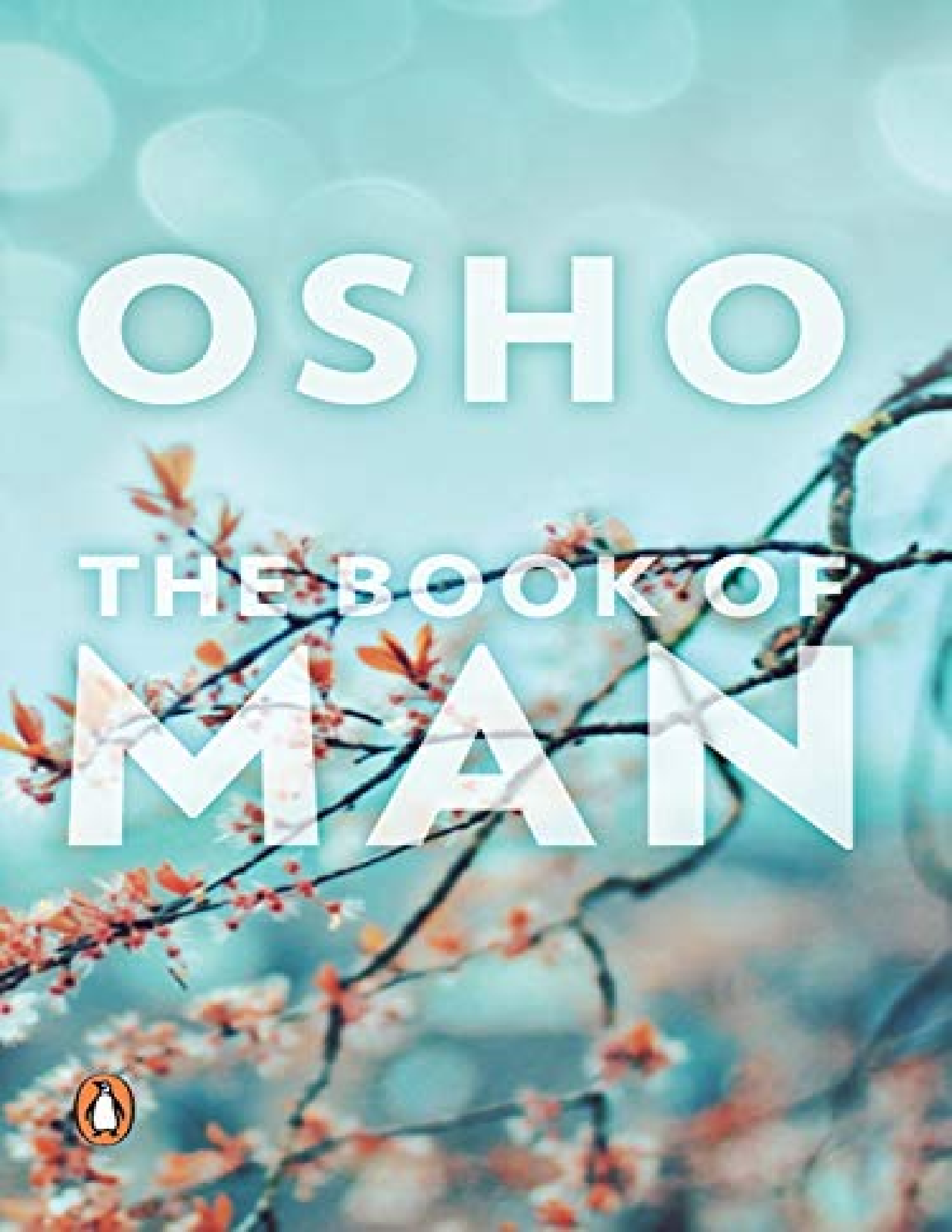
OSHO
THE BOOK OF
MAN

***"When the world is united in the search for knowledge, and no longer fighting for***

***money and power, then our society can finally evolve to a new level."***

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# Preface

The chapter titles were chosen to structure the wealth of Osho material available.

on the subject of the Liberation of Men. These archetypes defined by Adam, The Robot, The Beggar, The Lover, The Politician, The Gambler, The Creator etc. should not be understood as types fixed characters or personality, but simply as descriptions of certain tendencies, conditioning and behavior patterns of the personality, common to all beings humans. As Osho indicates, the reality of the individual is beyond all these theories and categories. These archetypal concepts are used to help man recognize his particular mindset and then moving beyond the limitations and confines of the mind, for the purpose of going beyond the personality and discovering its original face, the true self and essential.

Introduction

The liberation of men has not happened yet. Not just women, but men too they need a great liberation movement, a liberation from the past, from slavery the values that deny life and the social conditions that have been imposed on humanity by all religions for thousands of years. Priests and politicians caused tremendous division in man. They created a guilt-ridden man who is alienated from himself, who fights against a permanent internal conflict that permeates all areas of your life, that is, a conflict between body and soul, matter and spirit, materialism and spiritualism, science and religion, man and woman, West and East and so on.

Life can be lived in two ways: either as a calculation, in the field of science, of technology, mathematics, economics; be it like poetry: in the field of art, music, beauty, of love.

From childhood, every man is conditioned to behave and survive in this world competitive and efficiency-oriented. He joins the fight and the ambitious race for money, success, fame, power, respectability and social status. As a child, he already learns to adopt goals and values of parents and teachers, priests and politicians, and all institutional interests, without ever questioning them. Thus, the individual is deviated from his true nature, from the original self, and loses the capacity for spontaneous joy, childlike innocence and playful creativity.

It's repressed in its creative potential, in its capacity to love, in its willingness to laugh, in his passion for life, among other things. The way it is educated by society eliminates the sensitivity of the body and senses and makes you insensitive and dead. Lose access to their own innate feminine qualities of feeling, kindness, love and intuition and transforms into a robot efficient oriented by reason and without feelings.

Society teaches man to become a "strong man", which is synonymous with suppressing his feminine qualities of softness and openness, love and compassion. However, every man has also an “inner woman” within herself, her own unconscious feminine part or semiconscious, which has been denied and repressed for thousands of years.

Osho highlights a third way of living life: with meditation. The first step is Osho highlights a third way of living life: with meditation. The first step is recognize the transforming power of meditation and awareness of becoming a mature individual and complete. Meditation is the catalyst that sets the inner growth process and the speeds up. Meditation makes man an integrated whole, by creating a balance between his male and female parts. Teach how to live and enjoy life in its multidimensionality, in a healthy balance between body, mind and soul, between matter and spirit, between the world exterior and interior.

Man today is in a deep crisis. Given the global crisis that threatens the planet on the threshold of the third millennium, the question arises: "What now, Adam?" the limits of growth has been achieved a long time ago, and the belief in unlimited scientific and social progress.

It was fundamentally distorted. All outer revolutions have failed. It's time for a inner revolution.

Unless the individual starts to come out of their mechanical behavior similar to robot and unconsciousness and start living life with self-love, awareness and a deep respect for its true nature, there seems to be no chance the world can escape of global suicide.

“Man needs a new psychology to understand himself,” says Osho, and The basic understanding that needs to be deeply assimilated and experienced is that “no man is just man and that no woman is just woman, and that every man is so much man as well as woman, just as every woman is woman and man. Adam has Eve in him, Eve has Adam in her. In fact, no one is just Adam, just as no one is just Eve.

We are Adams and Eves. This is one of the greatest knowledge ever achieved”.

However, by being conditioned to deny and reject his feminine qualities, the man was trained to repress your inner feminine part, which is reflected in the repression of the element female in the outside world. Unless you start discovering your own inner woman, the a man will be stuck in a frustrating search for the feminine qualities that are inherent to his nature, outside, in the

outer woman. He needs to reintegrate his feminine part in order to become healthy and whole, that is, complete within oneself.

“My vision of the new man is that of a rebel, of a man who is looking for his self.

original, from its original face. A man who is ready to drop all masks, all the pretensions, all the hypocrisies, and to show the world what he really is. if he is loved or condemned, respected, honored or dishonored, crowned or crucified, it doesn't matter, as he is himself is the greatest blessing there is. Even if he is crucified, he will be crucified happily and completely satisfied. A real man, a man of sincerity, a man who you know about love and you know compassion, and you understand that people are blind, unconscious, numb, spiritually asleep.”

# PART 1

THE ADAM

Adam was the first man; not the first man in fact, as there may have been many others before him, but none of them said “no”. And so history could not record them, since they had no egos. And this is my perception: how could Adam have been the first man?

There may have been millions before him, but no one ever said “no”. They couldn't become men, could not become egos.

Adam said "no". Of course, he suffered for saying this and was expelled from the garden of happiness.

Adam is a man, and every man is like Adam. Every childhood takes place in the Jardim do Eden. Every child is as happy as the animals, is as happy as the primitive being, so happy as the trees. Have you ever noticed when a child runs through the trees or on the beach? Because he not human yet. The child's eyes, although clear, are still unconscious. she will have to leave from the Garden of Eden. This is the meaning of Adam's expulsion from the Garden of Eden, for he does not more part of unconscious happiness. Became conscious when eating the fruit of the tree of the knowledge. He became a man.

The fact is not that Adam was once cast out, but that every Adam has to be cast out again and again. Every child has to be thrown out of the garden of God, for it is part of the growth. The pain is that of growth. The individual has to lose it to gain it again, and earn it consciously. It is about your burden and your destiny, your anguish and your freedom, which is both a man's problem and a greatness.

Why is it that man is never very satisfied with who he is and with what existence offers you? You're always looking for something better to do, looking to be someone different, always wanting more when the other has

more than he was given. As the saying goes: “The neighbor's grass is always greener.” Why that?

It's because man has been confused. It is directed to where nature does not foresee that he is. It doesn't move towards its own potential. is trying to be what others they wanted him to go, but that cannot result in satisfaction. When there is no satisfaction, the logic says, "Maybe it's not enough, take more of it." So he goes after more, starts looking around. And everyone leaves with a smiling mask, which demonstrates happiness, so that deceive each other. He also comes out with a mask, so that others will think he is happier. He thinks others are happier.

The neighbor's grass looks greener, but it is greener on both sides. The people who live in the the other side of the fence sees your grass, and it looks greener. It really looks greener, more thicker the better. This is the illusion created by distance. When you get closer, you can see that's not quite the case. However, people keep their distance. Even the friends, even the lovers keep at a certain distance, as too close is dangerous, since can see your reality.

And since man has been misguided from the start, anything he does will do to let him remain unhappy. Nature has no notion of money, otherwise dollars would have grown on trees. Nature has no notion of money, as this is a pure invention of man.

It's useful, but it's also dangerous. When you see someone very rich, you might think that maybe the money brings joy: "Look at that person, how happy he or she seems to be", and then go for it Of money. Someone is healthier, run after health. someone is doing some other thing and looks very happy, so follow it.

But it is always others, and society has organized itself in such a way that man will never think about your own potential. And the problem is, he's not being himself. just be himself so that there is no suffering, no competition, no annoyance at the fact that the others have more, and that he has no more than others. And, for those who like grass more green, no need to look at the neighbor's because you can make your own grass greener. It's very simple to

make it look greener. However, you are just looking everywhere, and all the lawns are beautiful except yours.

Man has to be rooted in his own potential, whatever it may be, and no one owes him give directions and guidance. They must help you, wherever you go, and whatever you are making. And the world will be unbelievably pleased. i say i never felt any discontent, even in childhood, for the simple reason that I never allowed anyone deviate from what I was doing or what I was trying to be. This helped me a lot.

It was difficult, and the difficulties continued to grow, and now the whole world is against me. But it doesn't bother me. I consider myself very happy, very content. I can't think that it could have been otherwise. In any other position, I think I would have been unhappy.

The world is against individuality. It's against the human being just your natural self.

world wants man to be just a robot, and since he agreed to be a robot, man becomes finds himself in trouble. Man is not a robot. That was not nature's intention. therefore

that it is not what it was meant to be, nor what it was meant to be, is in a constant search: “What is missing? Maybe better furniture, better curtains, a house better, a better wife, a better job...” Throughout life the individual makes attempts and runs from one place to another. However, society confuses him from the start.

I strive to bring the individual back to himself, so he suddenly goes find that all discontent has disappeared. There is no need to be more - man is enough. Everyone is enough.

Why is it so difficult for an individual to love himself?

Every child is born with a huge love for himself. It's society that destroys this love, it's the religion that destroys that love, for if a child grows up loving himself, who will love Jesus Christ? Who will love the president? Who will love parents? the child's love for you it has to be diverted. The child must be

conditioned so that his love is always directed to an object external to it. This makes man very poor, because when love someone other than yourself, be it God, the pope, your wife, your father, your husband, your children, whoever is the object of his love becomes dependent on the object. becomes an object secondary in his own eyes, he becomes a beggar.

Man was born an emperor, absolutely satisfied with himself. However, your father wants him to love him, his mother wants him to love her. Everyone around you wants to become an object of your love. Nobody cares that a man who cannot love himself

can't love anyone else either. That's why a very crazy society is created in the places where everyone is trying to love someone, and they have nothing to give. nor the other person have anything to give. Why lovers fight, tease and offend each other constantly each other? For the simple reason that they don't get what they expected to get. Both are beggars, both are empty.

A child brought up correctly will be allowed to grow up with love toward him.

it will become so full of love that sharing it will be a necessity. she looks so overloaded with love that will want someone to share it with. So love never makes the person dependent on anyone. She is the giver, and the giver is never a beggar. And the other is also a giver. And therefore, when two emperors, masters of their own hearts, find, there is great joy. Nobody is dependent on anybody, every individual is independent and well-centered and well-grounded in itself. It has roots that go deep in the inside of your being, from where the juice called love comes to the surface and blooms, opening thousands of roses. This type of person has not been possible until now because of the prophets, the messiahs, the incarnations of God and all other types of idiots. They destroyed man for his own glory, your own ego. They completely crushed him.

It is possible to see the logic. Of two, one: either the messiah, the savior, becomes the object of love of the individual, and the individual becomes just a shadow, following him blindly, or the individual, if he is

fully satisfied, it overflows with love and blooms in thousands of roses. And, in the last case, who will you mind being saved once you're already saved? Who cares about paradise, since it's already in it?

The priest will die and the individual will learn how to love himself, the politician will not have followers, all institutionalized interests of society go bankrupt. They are all thriving on a very subtle psychological exploration of man.

But learning to love yourself isn't difficult, it's natural. For the one who is able to do something that it's not natural, and you've learned how to love others without loving yourself, so it's very simple. It has done what is practically impossible. It's just a matter of understanding, the simple understanding that “you have to love yourself, otherwise you will lose the meaning of life.

It will never grow up, it will simply grow old. It will have no individuality. Will not be truly human, dignified, integrated”. And besides, if you can't love yourself, don't you will be able to love no one else in the world. So many psychological problems have arisen because the man has been turned away from himself. He is "not worthy", he is not what he should be, and his actions must be corrected. It has to be molded with a certain personality. in Japan though there are 400-year-old trees, their height is only 15 centimeters. Japanese think it is an art form. It's murder, pure murder! The tree looks old, but it's only 15

inches tall. It would be 30 meters high, towards the stars. what the japanese made? What strategy did you use? The same strategy used against humanity, against beings humans. They put the tree in a bottomless pot. So when the tree's roots grow, they cut it in a constant process, as there is no bottom in the pot. The roots are cut to size that grow, and because of that, as the roots do not grow deeply, the tree cannot stay high. It gets old, but it never grows. Exactly the same thing that is done to human beings.

Self-love is a basic need for human growth. and it is for

that's what I teach the individual to be selfish, which is natural.

All religions teach people to be altruistic. Sacrifice yourself for any stupid idea: the flag, just a rotten piece of cloth. Sacrifice yourself for the nation, which is nothing but a fantasy, for the Earth is not divided into nations anywhere. It's a trick of politicians to divide the Earth on the map. People sacrifice themselves for lines drawn on the maps! They die for religion: Christianity, Hinduism, Buddhism, Islam. and lead this in such a way that the individual is trapped. If you die for the nation, you will be called a martyr. At the In reality, however, you are simply committing suicide, and that too for a foolish reason.

One who dies for religion will reach paradise, and enjoy eternal blessings. They manipulated the citizens. But one thing is basic in this manipulation, that is, man must not love yourself, and hate yourself, because it's worthless. Everyone has a lot of self-hatred

same. And can he who hates himself find someone who will love him? if you are not ready to love yourself, it is impossible for anyone else to love you.

Everyone accepts the idea that, if they don't follow certain rules, religious dogmas, ideologies policies, are not worth anything.

At birth, man is not a Christian, a Catholic, and he is not born a communist either. every child comes to the world like a blank sheet of paper, that is, completely clean. There's nothing written about the child, whether in the Bible, the Koran, the Gita or Capital (by Karl Marx). No, there is nothing written about it. The child, in addition to not bringing any sacred book with her, still arrives with the utmost innocence. However, innocence becomes their biggest problem, as everyone around him are wolves, who hide in politicians, priests, parents and teachers. All

they jump upon your innocence. They begin to dictate things about this new being who, later on, will believe that these are your heritage. They destroy the heritage. And then it's possible that they enslave, to make you do what they want. If they want the individual to kill innocent people... There are religious mafias, there are political mafias, and they will exploit people. These mafias can be enemies of each other, but on one point they all agree: it should not be allowed to the man love himself. This cuts its roots from its very being and, consequently, he becomes a helpless individual, rootless,

like a simple wood thrown into water, from so they can do anything they want with it. People in the United States were killing poor innocents in Vietnam. What did they want with it? And it wasn't one-sided. They were sending their own citizens, men who had not yet tasted anything of life, to kill in the name of democracy, in the name of America. But why should anyone sacrifice themselves in the name of something? Muslims and Christians fought and killed each other in the name of God.

Both are fighting and killing in the name of the same deity, God. strange the world that we create!

The strategy is very simple: destroy a person's natural love for themselves. With that, she makes him so unworthy in his own eyes that he's willing to do anything for a gold medal, just to feel that you are worth something and you are someone. Who has never seen multiple stripes in generals colored attached to the uniform? What kind of stupidity is this? those stripes are still increasing as the general kills and destroys himself. anyone can have them all those colors on their shirts. Apparently, there is no law that can prevent you from having them, but whoever uses them will look just plain silly. Those generals, don't they look silly? They are respected and great heroes. And what did they do? Murdered many people from their own country and from several other countries. And these killers are still rewarded. Has anyone seen any society reward its lovers? No, lovers must be damned. no society allows any kind of respect to lovers, because love is a curse for society.

Therefore, the first thing that all institutional interests have to do is to divert man from the love, what they have achieved so far.

Millions of years... and man continues to be a slave, and to feel a deep complex of Millions of years... and man continues to be a slave, and to feel a deep complex of inferiority and indignity, because it is not capable of fulfilling all that is required of it. In fact, the whatever is required is so unnatural that there is no way to fulfill it. And through the absence of dignity on the part of man, messiahs continue to get bigger and bigger, as they say and they promise that they are the saviors and that they will save man. Man cannot save man.

He was never allowed to learn to swim. On his own, man can just drown.

Politicians continue to give hope that soon there will be no more poverty, and poverty continues to grow. It is not decreasing, it is increasing. In Ethiopia, thousands of people are dying every day. And anyone would be surprised to learn that there are half a million people in the United States who suffer from overweight and obesity, and who are getting more and more fat. In Ethiopia, people are shrinking, starving and dying. In the United States, people are dying from overeating. Does anyone think this world we've created is normal?

Half of India will face the same fate as Ethiopia soon, although the government of India is selling and exporting wheat to the outside world. The people themselves will die, and not in small quantities. About 50% of India is at the limit, and at any time it can be make an Ethiopia even bigger. However, political leaders sell the wheat to others

countries, because they want nuclear power plants, atomic energy, so that they too can compete in the absurd race that has been unfolding.

All this happened in the name of altruism. I want you to absolutely become selfish. Love yourself and be yourself. And don't be confused by any kind of person, whether religious, political, social or educational. The first responsibility of the individual is not it is turned neither to religion nor to the country itself. Your first responsibility is to himself. Just see: if man loves himself and takes care of himself, his intelligence will reach the your peak and your love will overflow. The philosophy of selfishness will make man truly altruistic, for he will have so much to share, so much to give that for him the act of giving will become a joy and that of sharing, a celebration. Altruism can only be a by-product of self-love.

The fact of not loving yourself makes the human being feel weak, because love is food and defines the strength of man. How is it possible for someone to feel responsible in a way Natural? The man continues to place his responsibility on someone else's shoulders. God is the responsible, fate is responsible, Adam and Eve are responsible. the serpent that seduced Eve to disobey God is responsible. Look at the idiocy of this whole matter of the man dump all the responsibility on someone else. A snake, maybe millions of years ago... I tried hard to carry on a conversation with a snake, with a snake, but they don't talk. By the way, they don't even listen. I discovered that snakes

don't have ears, that they are not part of your physiology. And if they can't hear, how could they talk? And how could they persuade Eve? But man has to dump his responsibility on someone else. Adam dumps her in Eve. Eve in the serpent. The serpent, if he could speak, would pour it out on God. Thus, the

people continue to throw their responsibilities on others, not understanding that if they are not responsible for themselves, they will not be real individuals. Dodging responsibility is destructive to the individuality of each. However, man can only accept the responsibility when you have a huge love for yourself.

I accept my responsibility and rejoice in it. I never dumped mine responsibility in no one, because this is losing freedom, this is becoming a slave, at the mercy of others. All that I am, I am entirely, and solely responsible for it. This gives me a big force. It also gives me roots, gives me balance. But the source of this responsibility is the fact that I love myself. I've also been through the same type of mass exploration. Although, I've made it clear from the start that if I'm going to heaven, I'll refuse. for free and spontaneous will, I'm ready to go to hell. At least I'll have my independence, my own choice.

My parents, my teachers at school, and my teachers at college fought with me. But I said: “One thing is certain: I cannot accept any bribe to become a slave.

I would rather suffer for eternity in hell, but I will remain with the real me.

At least I will have this joy, the joy that this is my choice, and that no one forced it.” Would it be possible to have fun in paradise if he stayed there as a prisoner? What type of paradise is one in which man has to follow Jesus Christ, Moses, Buddha, or Krishna, where he's supposed to be a blind believer, where he can't ask questions, and where he can't ask about anything? This paradise is worse than hell. However, people are led astray from their own sources.

I want people to come home, to respect themselves, to feel the joy and the pride that existence needs them, otherwise they wouldn't be here. I want if rejoice that existence cannot happen without them. First of all, that's why

who are here: existence has given them an opportunity, that is, a life with enormous treasures hidden within themselves, treasures of beauty, ecstasy, freedom.

But the individual is not existential! And yes Christian, Buddhist, Hindu. And I want you to believe in one thing: in existence. There is no need to go to any synagogue or church. the one who doesn't can experience the sky, the stars, the sunset, the sunrise, the flowers blooming, the birds singing... Existence as a whole is a sermon! It was not prepared by some stupid priest; it's everywhere.

You just have to trust yourself – which is another name for loving yourself. AND, when he trusts and loves himself, it is obvious that the individual assumes all the responsibilities of the whoever he is, and whoever he is, on his own shoulders. This gives a experience so great as a human being that no one can enslave him again.

See the beauty of an individual who can stand on his own two feet. And, happen the whatever happens, be it joy or sadness, be it life or death, the one who loves himself is so

integrated that will be able to enjoy not only life but death as well.

Socrates was punished by society. People like him are liable to be punished because they are individuals and, as such, do not allow anyone to dominate them. Socrates was poisoned.

He was lying in bed, and the man in charge of giving him the poison was preparing him.

The sun was about to set, the time was right. The court had given the exact time, but the man was late in preparing the poison. Socrates asked the man: "Time is passing, the sun is setting. Why the delay?”

The man couldn't believe how someone who was about to die was so worried with the exact time of his own death. In fact, he should have been grateful for the delay. The man he loved Socrates. He had heard it in court and realized its beauty: he alone had had more intelligence than Athens as a

whole. I wanted to delay a little longer so that Socrates could live a little longer. But Socrates would not allow it. Then he said: “Don't be lazy. Just bring the poison.”

The man, giving Socrates the poison, asked him: “Why are you so excited? I see so much splendor in your face, I see so much inquiry in your eyes. Do not understand? You will die!"

Socrates explained: “That's what I want to know. Life, I knew. It was beautiful, and even with all the her anxieties and anxieties, it was still a joy. The simple act of breathing is already joy enough. I lived, loved, did what I wanted to do, said what I wanted to say. Now I want to taste death, and the sooner the better.

“There are only two possibilities. Or will my soul continue to live in other forms, as the Eastern mystics say, which is a great emotion, as it will be possible to continue this journey of the soul freed from the burden of the body. The body is a cage and has limitations. Or maybe the materialists are right when they say that when the body dies, everything dies. Nobody remains after. This is also a great emotion, meaning not being! I know what it means to be, and it is the time has come to know what it means not to be. And when I'm gone, what will the problem? Why should I be worried about this? I won't be there to worry and, so why waste time now?” This is the man who loves himself. even the responsibility of death he chose, since the court had nothing against him. Was just public prejudice, the prejudice of mediocre people who could not understand the Socrates' great flights of intelligence. However, they were the majority, and they all decided to

death of Socrates.

They could not answer a single argument proposed by him. Probably not they couldn't even understand what he was saying, and responding then was out of the question.

He destroyed all those people's arguments and yet, as they were in a city Democrat, they decided that this man was dangerous and that he should be given poison.

What was your fault? His fault was, according to those people, “to make our
What was your fault? His fault was, according to those people, “to make our
youth be rebellious, make our youth skeptical, make our youth

youth becomes weird. It creates a gap between older generations and older generations.

young. The younger ones no longer listen to the older ones and argue about everything. And this happens by cause of that man”.

However, the judges were a little better than the common people. They told Socrates:

“We will give you some alternatives. If you leave Athens and promise never to return, you can save yourself of death. Or, if you want to stay in Athens, then you must stop talking, be silent. Later we can also persuade the people to let him live. Otherwise, the third alternative is that tomorrow, when the sun goes down, you'll have to drink poison.”

What did Socrates do? Said, "I'm ready to take the poison tomorrow or today, whenever you want let the poison be ready, but I can't stop telling the truth. If I'm alive, I will continue to say it to my last breath. Besides, I can't leave Athens just to save myself, because then I will always feel like a weakling who was afraid of death, who escaped death, and who could not take responsibility for death either. I've been living up to my own way of thinking, feeling and being, and I want to die that way too.

“And don't feel guilty. No one is responsible for my death. I am responsible. Me I knew this was about to happen, as to speak the truth in a society that lives on lies, fraud and illusions is asking to die. I don't blame these poor people who decided to my death. If anyone is responsible, that someone is me. And I want everyone to know that I lived taking responsibility for myself and I'm going to die that way. In life, I was a individual. In death I am an individual. Nobody decides for me, I'm the one who decides on the my destiny."

That's dignity. That's integrity. That's what a human being should be. What if the Earth as a whole were full of people like this man, it would be possible

to make this earth a place so beautiful, with so much ecstasy, abundant in everything...

However, as the individual is at fault, it is necessary for the man to take responsibility by itself. However, he will only be able to assume it if he starts to love himself, whoever wants to let him be: that is the form existence wanted him to take. If you wanted another Jesus Christ, existence would have created one. To be a Christian is ugly, to be a Muslim is ugly, to be a Hindu is ugly. all being human has to be himself, just himself, just himself. and must remember who is taking a big risk when he declares that he is simply himself. Does not belong to no crowd, to no flock. These are all herds: Hindus, Muslims, Christians, communists. He, in turn, is declaring himself as an individual, knowing perfectly well that he is risky. The crowd may not forgive you at all, but it's nice to take the risk of going on.

at every dangerous step. The more dangerously you live, the longer you live. and it is possible to live all eternity, in a single moment, for one who is ready to live fully, risking everything and everyone.

I don't want you to be a businessman, I want you to be a player. And when is playing, you must put everything into play. You must not reserve anything for the next moment.

Then, whatever happens, you will receive a great blessing. Even if you become a beggar, his being will be far more worthy than that of an emperor.

Man cannot fall into a worse state. However, he fell because he forgot the smile with the which every child is born and has lost its way towards health and integrity.

The door opens right now, always here and now, where life and death continually meet. The human being chose the orientation of death, because he was from the interest of those in power, and forgot that life passes while drowning in grief.

Once a disciple asked Confucius how to be happy, how to be lively. Confucius replied: “You are asking a strange question. These things are natural. no roses asks how to be a rose." If the worry is sadness and

suffering, there will be time enough in his grave so he can be miserable, to his heart's satisfaction. However, while you are alive, be fully alive. From this totality and intensity, the happiness, and a happy man certainly learns to dance.

What is most desired is for all humanity to be happy, dance and sing. Thus, this entire planet will become mature and develop consciousness. a sad man, a man unhappy, he cannot have a very sharp conscience. On the contrary, your conscience is weak, monotonous, heavy, dark. Only when he laughs with a lot of desire does the whole darkness disappears suddenly like a flash.

It is through laughter that man demonstrates his authentic self. On the other hand, it is in sadness that he covers his original face with the false identity that society expects of him. Nobody wants the people are so happy that they start dancing in the street. nobody wants to give laughter, otherwise the neighbors will start banging on the walls asking you to stop.

Suffering is normal, but laughter is a disturbance. Unhappy people cannot tolerate no one who is not unhappy. The only crime of people like Socrates is that they are very happy people, and their happiness create immense envy in the great masses that live in the misery. The mass cannot tolerate happy people, they have to be destroyed, because they provoke within individuals a possibility of revolt, and they are afraid of that revolt. When the man falls in love with rebellion, he is on the right path.

# The victim

Why doesn't the individual know his own self? This should be the easiest thing in the world and, however, it became difficult, the most difficult. It has become virtually impossible to get to know you same. What went wrong? The individual has the ability to know. It is there, and the capacity of knowledge is there. So what went wrong? Why this ability to knowledge cannot turn to itself?

Only one thing has gone wrong and unless you correct it, the individual will remain in ignorance in relation to himself. And the thing that went wrong is a split that was created within him. He lost its integrity. Society has turned the individual into a broken house, that is, divided against itself. The strategy is simple and, once understood, can be removed.

It is as follows: society provides man with the ideals of how he should be. AND

reinforces these ideals so deeply in him that man becomes always interested in the ideal “how he should be”, and forgets “who he is”.

People are obsessed with the future ideal and forget about the present reality. The eyes of people are facing the distant future. And that's why they can't turn to inside. They are constantly thinking about what to do, how to do it, and how to be. The language that they use became “I must do” and “I have to”, and the reality is just “being and being”

in the present. Reality knows no duty, no obligation.

A rose is a rose, there is no doubt that it is something else. And the lotus flower is a Lotus flower. Neither the rose tries to become a lotus flower, nor the lotus flower tries to become a pink. So they are not neurotic. They don't need a psychiatrist or any psychoanalysis. THE

pink is healthy because it simply lives in its own reality. And so it is with the existence as a whole, except with man. Only man has ideals and must do this

and that one. "He must be this and that", and so he is divided against his own "being". "Should" and "Be"

they are enemies. And he can't be anything he isn't. need to let it anchor deep in the heart: man can only be what he is, and never anything else. One time deepening this truth, that "I can only be myself", all the imposed ideals

disappear. They are automatically discarded. And when there is no ideal, there is reality. Hence, then, the eyes are turned towards the here and now, and therefore the man is present for what he is. The division disappeared. Man is a complete being.

This is the first step: being one with yourself. And it's hard, given so much conditioning, so much education, so many civilizing efforts. If you take the first step of just accepting and loving yourself yourself as you are, moment by moment... For example, you are sad. Right now is sad. All of your conditioning tells you, “You mustn't be sad. Is bad. must not stay sad. You have to be happy.” Now the division and hence the problem. "You are sad”: this is the truth right now. And your conditioning and your mind says, “You don't should look like this. You have to be happy. He used to smile! What will people think of you?” Your wife can leave you if you're too sad, your friends can desert you if you're too sad, your business will be destroyed if you remain too sad. It needs to laugh, it needs to smile, it has fur less than pretending to be happy. If you are a doctor, patients will not feel well if you are very sad. They want a doctor who is happy, happy, healthy, but he seems to be very sad. Need to smile. Even if you can't produce a real smile, it should be printed on the

face a fake smile, as long as it is a smile. You must at least pretend, act.

This is the problem: pretending, acting. It is possible to produce a smile, but with that the person becomes turns into two others. He repressed the truth and became an imposter.

And the imposter is appreciated by society. The imposter becomes a saint, the imposter becomes makes the great leader. And everyone starts following the imposter. The imposter becomes the ideal of all. That's why the human being is incapable of knowing himself. how can you know yourself even if

you don't accept yourself? It represses your being constantly. What should be done then?

When you are sad, you need to accept the sadness: this is a feeling that the man is having to fact. You shouldn't say, "I'm sad." It should not say that sadness is something separate from it. He can simply affirm: “I am the sadness. Right now, I'm sadness." need to live your sadness with complete authenticity. And you will be surprised when a miraculous door opens to your being. To the living your sadness without the image of being happy, the man is happy immediately, because the division fades away. There is no longer any division. "I am sadness" and there is no doubt about any ideal of being something else. So, there is no effort, no conflict. “Just that”, and a feeling of relaxation. Relaxation that translates into grace and joy. all the pain psychological only exists because people are divided. Pain means division, and happiness means the absence of division. It may seem paradoxical: if someone is sad and accepts their sadness, how can you become joyful? It may seem paradoxical, but this is how it happens.

Just try.

And I'm not saying: “One must try to be happy” or “One must accept sadness so that if you can be happy”. I don't mean it. If that's your motivation, then nothing will happen, and the fight will continue. You'll watch out of the corner of your eye, thinking, “So much time has passed and I've accepted

even the sadness, besides saying 'I am the sadness', and the joy has not yet arrived.” she will not come like this.

Joy is not a goal, it is a by-product. It is a natural consequence of the unity, of the uniqueness. One should just stay united with this sadness, without motivation and without any purpose.

in particular. There is no need for any purpose. This is how you find yourself right now, it's your truth. And the next moment you can be angry, and you must accept it also. And in the next moment, it may be in some other way, and you must also accept in the same way. People must live each moment with extreme acceptance, without creating no division, so as to move towards self-knowledge. abandon the division because therein lies the whole

problem. Everyone is against himself. Abandon all ideals that create that antagonism within you. Everyone is what they are, accept it with joy and gratitude. AND, suddenly a harmony will be felt. The two selves, the ideal me and the real me, will no longer be there for to fight. They will meet and merge into one. It's not really the sadness that causes the pain to people. It is the interpretation that sadness is wrong that causes them pain, and this becomes a psychological problem. It's not the anger that's painful. It's the idea that anger is wrong that creates psychological anxiety. It's the interpretation, not the fact. The fact is always liberating.

Jesus said, "Truth sets free." And that is of tremendous importance. Yes, the truth sets you free, but without knowing about the truth. Be the truth, and it will set you free. be the truth, and there will be release. You don't have to produce it, you don't have to wait for it, because it happens instantly. How to be the truth? The man is already the truth. It's just carrying fakes ideals that create the problem. You have to abandon ideals and try to be a natural being for a few days. Just like trees, animals and birds, man has to accept being

what's he like. And there is a great silence. It couldn't be different. There is no interpretation. So, so sadness is beautiful and has depth. And anger is also beautiful and has life and vitality. Gives Likewise, sex is beautiful as it has creativity. When there is no interpretation, everything is beautiful. When everything is beautiful, people are relaxed. And, in this relaxed state, the man it composes its own source which, in turn, generates self-knowledge.

Settling into your own source is what is meant when Socrates said: “Know thyself same." It is not a question of knowledge, but a question of internal transformation. AND

what is this transformation? I'm not going to reveal any ideals of how people should be. No I will say that people need to transform what they are to become someone else. Must just feel relaxed with who you are, and just watch.

Do you understand what I mean? Just notice this: this is liberation. A big harmony, great music is heard. It is the music of self-knowledge. Is life starts to change. With this, the individual has a magic key that unlocks all the locks.

What is repression? Repression is living the life you are not meant to live. repression is do things you never wanted to do. Repression is being the subject that someone specifically

never was. Repression is a means of destroying yourself. Repression is suicide, very slow of course, but a slow poisoning for sure. Expression is life, while repression is suicide. This is Tantra's message: don't live a repressed life, otherwise you will not live. Alive a life of expression, creativity, joy. Live the way existence (God) I would like you to live, and live naturally. And don't be afraid of priests.

Listen to your instincts, listen to your body, listen to your heart, listen to your intelligence. trust yourself yourself, go wherever your spontaneity takes you, and you'll never lose out. And when following spontaneously, with natural life, one day he will be forced to reach the gates of the divine. repression is a way to avoid risk. For example, people are taught never to be angry and think that a person who is never angry tends to be very affectionate. It's wrong. A person who never get angry will not be able to love either. These capabilities go together, they come in the same package.

The man who really loves gets really angry sometimes. However, your anger is beautiful, as it is for love. Since his energy is hot, no one is hurt by his attacks of anger. In fact, people are grateful that he's angry. Have you noticed this? When doing something to the person you love, and the person gets really angry, frankly angry, doesn't feel grateful because he knows she loves him so much that he can allow himself to be angry? It's the opposite, why?

When you don't want to indulge in anger, you maintain politeness. When you don't want to afford anything

– you don't want to take any risk – the smile remains. It does not matter. if the son is going to throw himself in the abyss, won't dad be mad? Won't you scream? Will your energy not boil? Will continue smiling? It's not possible. When you love, you can get angry. When you love, you can allow yourself get angry. One who loves himself will never be repressive, but expressive, of all that life offers, and this is a necessity in life, otherwise life is wasted. He will express your joys, your sorrows, your peak moments, your depressed moments, your days, your nights.

However, man was created to be false, and he was brought up to be a hypocrite. When feels angry, keeps smiling, a smile made up. When he gets angry, he represses his anger. When feels sexuality on the surface, represses it. It's never true to what's inside of it.

That is what happened...

Joe and his young daughter, Midge, took a trip to an amusement park. On the way, stopped for a full meal. In the park, they came to a hot dog stand, and Midge started to say:

– Dad, I want...

Joe interrupted her and gave her popcorn.

When they reached the ice cream vendor, little Midge once again shouted:

– Dad, I want...

Joe cut her off again, but this time he said:

You want it, you want it! I know what you want. Ice cream, isn't it?

“No, Daddy,” she pleaded. - I want to throw up.

It was what she had been wanting from the beginning. But who listens? Repression is not listening to your nature. Repression is a device to destroy the person.

Twelve skin-heads, bubbleboys, walk into a pub in their Levi's jackets and all of their own equipment. They walk up to the owner and ask:

– Thirteen mugs of draft beer, please.

– But you are only 12.

– Look, we want 13 mugs of draft beer.

Then the owner gives them the beer and everyone sits down. A small old guy is sitting in a corner, where the leader of the skin-heads walks. He says:

– Here it is, Dad, here is a mug of beer for you.

The little guy says:

– Thank you, thank you, you are generous, son.

– It's okay, I don't mind helping cripples.

– But I'm not a cripple.

– You will if you don't pay for the next round.

This is what repression is: a trick to cripple man, a device to weaken him. IT'S

a trick to turn him against himself. It's a way of creating conflict within yourself, and always that a man is in conflict with himself, it is clear that he becomes very weak.

Society has played a beautiful game to turn everyone against themselves. And with that, all they constantly struggle against the being itself. Nobody has more energy to do any other thing. Can you see this happening to you? An ongoing struggle. society makes the being human a divided person: makes him schizophrenic and confuses him, as if he were a trunk to Drift in the river. He doesn't know who he is, he doesn't know where he's going, he doesn't know what he's doing on here. You don't know why you're here in the first place. It really confuses people. And this confusion are born great leaders: Adolf Hitler, Mao Tse-Tung, Joseph Stalin. Also from this confusion arises the pope of the Vatican, in addition to a thousand and one things. But man is destroyed.

Tantra says: be expressive. But remember: the expression does not mean irresponsibility.

Tantra says: be expressive intelligently, and nothing bad will happen to anyone. One a man who cannot harm himself will never harm anyone. on the

other hand, a man who harms himself is a dangerous man in some way. If you don't even have love for yourself itself, it is dangerous, and can harm anyone. In fact, it will hurt.

When someone is sad, when someone is depressed, it causes other people to around are sad and depressed. When you are happy, you want to create a happy environment, because happiness it can only exist in a happy world. By living joyfully, a person wants everyone to be joyful.

This is the true religion. From the joy itself, the human being blesses all existence.

I'm so conditioned as a Catholic that I don't see any hope for me: you still I'm so conditioned as a Catholic that I don't see any hope for me: you still can you help me?

Catholic or Communist, Muslim or Maoist, Jaina or Jew, it doesn't matter, it's all about same thing. Of course, Catholics do this more systematically than Hindus do.

more scientific way. They have developed a great ability to know how to condition people. However, all religions are doing this in some way, and all societies they're doing it too, in their own way: everyone is conditioned.

The moment the child is born, from its first breath, the

conditioning. And that cannot be avoided. Parents will condition her, children with whom she plays will condition her, the neighborhood will condition her, the school, the Church, the State.

Consciously conditioning is not done on a large scale, but unconsciously the child accumulates it without stopping. The child learns by imitating.

So don't worry. This is the normal situation in the world: everyone is conditioned. AND

everyone has to get out of conditioning. It's difficult. It's not like undressing. it's how to do peeling on the skin. It's hard, arduous, because everyone starts

to identify with their conditioning.

They only know each other as Catholics, Communists, Hindus, Muslims, Christians. The biggest The individual's fear, upon abandoning conditioning, is that of falling into an identity crisis.

It's hard to let go of conditioning, because it's all about the individual's past, their mind, his ego, all he is. But if you're ready, if you're brave, if you're brave enough to accompany me, it's possible. It has happened to many people. Be part of this event.

Don't be a spectator. Join the dance! My invitation is for everyone, my invitation is unconditional.

Whatever conditioning you have can be eliminated once it has been forced in, from the outside to the inside, for this reason it can also be extracted, from the inside, by the outside.

I can't give you God, I can't give you the truth, I can't give you your balance internal, but I can discard all the garbage that has accumulated on the man. And once removed the garbage, God begins to come alive inside him. Once all obstacles are removed, the The spring of each one's life begins to flow, and innocence is regained.

Innocence recovered is paradise recovered, and man enters the Garden of Eden.

Modern man is suffering from the past and not because of his own sins, as those who call themselves religious preachers continue to preach. Suffers for the sins of centuries... but now things have reached an upper limit. The man is falling apart. So far, from somehow, people managed to stick together. But now things have come to a at which point, either man has to totally change and transform his vision of life, or he must commit suicide.

Those who follow the past may be on the verge of committing global suicide. And that's it that political leaders try to do: preparation of atomic bombs, hydrogen bombs,

hydrogen superbombs and bomb buildup on bombs. They already have so many! Actually, just ten years ago they already had the ability to kill each person seven times. Ten years ago, they were ready to destroy the Earth seven times, even though a person dies only once.

There is no need to kill her twice as it will be unnecessary. However, if anyone survives, the politicians must be careful, which is why they plan perfectly. But this is how the

things were ten years ago.

Now for the surprise: they can destroy the Earth seven hundred times, and each person can be killed seven hundred times! This is already too much, and absolutely unnecessary. Seven, it's still okay because there are some shrewd people who might not die. But seven hundred times?! And yet the race continues. Even poor countries join the race with a burning desire to take part.

Even though they don't have anything to eat, they want atomic bombs. Starving! And still want more power to kill and destroy.

By observing the aerial view, it is possible to see that the Earth is preparing for a suicide global, a total destruction, a general war. And it's good to remember again that this has nothing to do with modern man, as far as his nature is concerned. the modern man is just a victim of the whole past. And the priests keep saying there's something wrong with the man modern and continue to praise the past.

Modern man is a by-product of all the past! All kinds of cultures, such as Christian, Muslim, Hindu, Buddhist contribute to this situation. they are the responsible. Unless they all disappear, unless people drop all this pathological past and start all over again, living in the present, with no idea of perfection, without ideals, without duties, without commandments, man is doomed.

# the slave

One of the problems that every human being has to face is the world in which he is born. your being and

the intentions of the world do not go together. The world wants man to serve, to be a slave, to be used by those in power. And, of course, he resents it. He wants to be himself. The world does not allow anyone to be what they should be by nature. O

world tries to mold each person into a commodity: useful, efficient, obedient, and never rebellious, never assertive, never able to declare his own individuality, but always subservient, practically like a robot. The world doesn't want men to be human beings, either, yes, it is that they are efficient machines. The more efficient a man is, the more respectable and the more honored he will be.

No individual is born to be a machine. It is a humiliation, a degradation, which steals pride and dignity, and destroys you as a spiritual being and reduces you to a mechanical entity. That's why every child, from the beginning, as he becomes aware of the intentions of society, parents, family, educational system, nation, religion, begins to close in on itself. It starts to become defensive, simply out of fear, because you have to find enormous strength. And it's very small and fragile, vulnerable, helpless, very dependent on the very people against whom he must protect himself.

The problem gets more complicated because the people to protect against are the who think they love her. And maybe these people aren't lying. Your intentions are good, but lack awareness, because they are asleep. They don't know they are puppets in the hands of a blind force called society, of interests brought together by institutional powers. The child faces a dilemma. She needs to fight those she loves and who she thinks love her too.

But it's strange that people who love children don't love them the way they are. They tell her:

“We'll love you, we really love you, but only if you follow the path we've followed, if you follow the religion that we follow, if it is obedient the way we are obedient.” become part of this vast mechanism, against which you will spend your whole life... fighting against, it just doesn't sense as it will be crushed. It is wiser to just surrender and learn to say "yes", wanting

or not. Repress the “no”. In all conditions and in all situations, it is expected that man say yes". The “no” is prohibited. The “no” is the original sin. disobedience is the original sin and then society takes revenge, with a great vengeance. This creates fear in the child. your being as a whole it wants to assert its potential. The child wants to be himself, because if so is not, cannot visualize any meaning in life. Otherwise she will never be happy, happy, satisfied, content. You will never feel at ease, you will always be divided. One of the parties, the intrinsic to your being, you will always feel hunger, thirst, dissatisfaction, fragmentation. However, the forces are too great, and fighting them is too risky.

Naturally, every child, little by little, begins to learn to defend and protect himself.

It closes all the doors of your being. He doesn't expose himself to anyone and just start pretending.

Get to be an actor. Act according to the orders given to you. Doubts arise, but it represses them. Her nature wants to assert itself, but it represses them. Your intelligence means “That It's not right. What are you doing?” but she ceases to be smart. It's safer to be retarded, just as it is safer to be ignorant. Anything that conflicts with your interests institutional is dangerous. And opening up, even to people very close, is risky. And so that everyone closes down. No one opens his petals fearlessly like a flower, which it dances in the wind and in the rain and the sun... so fragile but unafraid. everyone lives with the petals closed, afraid that when they open they become vulnerable. Therefore, they use shields from all species, and even something like friendship is used as a shield. will look like

contradictory, as friendship presupposes that people open up to each other, to share secrets and expose your hearts. Everyone is living such contradictions. People they are using friendship as a shield, love as a shield, prayer as a

shield. When they want to cry and can't, they usually smile, since the smile works as a shield.

When they don't want to cry, they cry, because tears act as a shield in certain situations. Laughter is purely an exercise for the lips, since behind the truth – the tears. Society as a whole was created around a certain idea which is basically hypocritical. In it, the individual must be what others expect him to be, and not what he actually is. That is why everything has become false and worthy of imitation. Even in friendship, the individual has been keeping some distance. Only up to a certain degree allows someone to approach. If someone is very close to the individual, they may be able to look behind your mask. Or you can recognize that that is not your face, but the mask, and that your face is behind it. All individuals in the world that human beings live in are not neither true nor authentic. My vision of the new man is that of a rebel, of a man to looking for your original self, your original face. A man who is ready to drop all the masks, all the pretensions, all the hypocrisies, and to show the world what he is in the reality. Whether he is loved or condemned, respected, honored or dishonored, crowned or

crucified does not matter, for being himself is the greatest blessing there is. Even if it is crucified, he will be crucified happily and completely satisfied.

A real man, a sincere man, a man who knows about love and who knows compassion, and that understands that people are blind, unconscious, numb, asleep spiritually… What they do is practically in their sleep. the individual is conditioned it's been so long, and for so many years – a lifetime – that it will also take some time for deconditioning. It finds itself oppressed with all kinds of false ideas, that is, pseudoideas. It will take some time to let go of them, to recognize that they are false and that they are pseudo. In fact, once you recognize something as false, it's not hard to eliminate it. At the time where to recognize the false as false, it falls by itself. Recognition itself is enough. THE

connection is broken, and identity is lost. And after the fake disappears, the real is there, new in all its beauty, since sincerity is beauty, honesty is beauty, the truth is beauty. To be yourself is to be beautiful.

The conscience, understanding and courage with which man is determined and committed to finding himself will dissolve all the false faces given him by the others. These others, parents, teachers, among some, are also unconscious. Do not you should be mad at them as they too are victims. They had their minds corrupted by their parents, teachers and priests, just as they did with their mind. No one ever thought that what he had learned from his parents, who love him, from his teachers, from his priests, he could be wrong.

However, it was wrong, and it created a totally wrong world. I was wrong, every inch. AND

the evidence is spread throughout history: all wars, all crimes, all rapes...

Millions of people were murdered, dismembered, burned alive in the name of religion, in In the name of God, in the name of freedom, in the name of democracy, in the name of communism. beautiful names! But what happened behind the beautiful names is so ugly that the man will one day look to history as if it were a story of insanity, not of sane humanity.

Life has been condemned in every way possible by all religions. And when all world condemns life, for the whole world is full of condemners, what does the child

can? She is impressed by this whole judgment. Just look at the story of the beginning of world. God told Adam and Eve: “Do not eat of the tree of knowledge, and do not eat of the tree of Life." He had forbidden them to eat from the two trees. These are the most important things in life: knowledge and life, and God denies them both. However, anyone can eat the whole type of herb and anything you want. God doesn't say, "Don't smoke marijuana, don't drink alcohol."

No, He is not interested in that. Adam and Eve can smoke weed, which is allowed, can do wine from the grapes, which is allowed. Only two things are not allowed: they must not be make people of wisdom, but remain ignorant, and must not live, but postpone life. AND

because they disobeyed and ate the fruit of the tree of knowledge… they could not eat the second fruit from the tree, were picked up. After eating the fruit of knowledge, they moved

hurriedly towards the tree of life, but were soon stopped. It's natural: the first thing to be done by anyone with awareness and awareness, which are the qualities of wisdom, is going deeper into life, to savor it as much as possible, to connect with the core of life, to be soaked in the mystery of life.

The story doesn't say that, but the story isn't complete. I say that Adam and Eve were running in a hurry, because it is absolutely logical: after eating the fruit of knowledge, they ran towards the tree of life. And that's why it was so easy for God to grab them, because of the Otherwise, as there were trees in abundance in the Garden of Eden, where would He find them? THE

search would have taken an eternity and, consequently, instead of man being in search of God, God would still be looking for man, where man is. But I know how things would have happened, and that are not told in history. God, to learn that Adam and Eve had eaten the fruit of knowledge, must have immediately run to the tree of life and waited there, knowing they should be coming. It is such a simple logic that there is no need to consult any Aristotle. And sure enough, they got caught there. both ran naked and joyful because, for the first time, his eyes were open. For the first time, they were beings humans. Before that, they were just animals, among other animals... and God expelled them from the Garden of Eden. Since then, man has longed for life, for more life. However, the priests that represent the God who expelled man from the Garden of Eden – the popes, the imams, the shankaracharyas, the rabbis – they all represent the same subject.

Strangely enough, no one says that this guy was man's first enemy. Fur on the contrary, they say it was the poor serpent who convinced Eve: “You are foolish not to eat from the tree of knowledge. God is jealous, and afraid that you, eating from the tree of knowledge, become wise. Furthermore, you are afraid that you, by eating from the tree of life, will be exactly equal to Him. Then, who is going to worship Him? He's jealous, afraid, and that's why he has her prevented.” This snake was mankind's first friend, but it is doomed. the friend is called the devil, and the enemy God. Strange the ways of the

human mind! The man you should thank the serpent. Only because of the serpent did the human being become what he is.

It was because of disobedience to God that man achieved some dignity, the pride of being human, a certain integrity, a certain individuality.

So instead of thanking God, change the phrase. Instead of saying, “Thank God!”, say:

"Thanks to the snake!" Only because of your courtesy is that... Otherwise, why the snake would he have bothered with the man? She must have been a compassionate figure.

Disobedience is the foundation of the true religious man, be disobedience to all priests, all politicians or all institutional interests in general. Only then is it possible

get rid of conditioning. And from the moment man is no longer conditioned, there is no need to ask what the purpose of life is. All the Questions will undergo a revolution. There will be questions like: "How can I live on

more complete form? How can I delve deeper into life?” because, given that life is the goal of everything, then there can't be any goal for life. But the human being is hungry and, apart from death, there seems to be nothing; life slips through hands and death comes closer every moment. Life is nothing but a slow death.

And who did this to the man? All the "benefactors", the good Samaritans, the prophets, the messiah, the incarnations of God. These are the people who turned man's life into a slow death, and they were very smart to do it. A very simple strategy was used: they say that human life is a punishment.

Christians say that man was born of original sin. Now how can man have life? After all, he is a mere sinner. The only way to get to real life is to abandon this life that is nothing but sin. Who are the saints of man? the people who live at the very least, they are your saints. The less they live, the greater they are. all wise they are living in nightmares and they are preaching for man to follow them. All their effort is cut man's life to the max. Life is

doomed, sex is doomed, the desire to live comfortably is doomed. Enjoying anything, be it food, be it articles of clothing, is doomed. This reduces life. Piece by piece, life is taken from the human being.

When looking at the history of Christian monasteries, Jains, Buddhists, Hindus, anyone will be surprised: it's unbelievable how human beings were treated so inhumanely, in the name of religion! All kinds of stupidity...

It is of great help to the politician that the individual is less alive, because, in this way, he is less rebellious, more obedient, more conventional, more traditional and therefore not dangerous. too it helps the priest that the individual is less alive for the same reasons. if in fact alive, the individual becomes a danger to everyone, especially everyone who tries to exploit him, all that act like parasites. The man will fight tooth and nail. You'll rather die than live as a slave, because even death for a fully alive person is not death, and yes the pinnacle of life. Even dead, man will continue to live intensely and fully. He he is not afraid of death, he is not afraid of anything. That's what makes all interests institutional fear the person who lives to the full. They found a strategy very subtle, which is to give man a goal for his life, which is to become someone.

You are already what existence wanted you to be. And it won't turn into nobody.

However, they continue to say that one has to become Jesus Christ. Because? if it wasn't for Jesus Christ to become me, why should I become Jesus Christ? Jesus Christ has to be Jesus Christ, I have to be myself. However, what all Christians they are doing? Trying to imitate Jesus Christ, trying to somehow become Jesus Christ. Hindus are trying to transform themselves into Krishna, just as Buddhists are trying to become Buddha. Weird! Nobody is worried about themselves. Everybody is

trying to transform into something else. This completely shortens your life. Because I I say: life has no goal, because life itself is a goal in itself.

Drop all goals. Let go of the idea of the future.

Totally forget there's going to be tomorrow. Protect yourself from all dimensions and directions.

Be focused here and now, and in that unique moment, you will be able to experience life in your eternity.

# The son

All parents have expectations and through them they end up destroying their children. it is necessary if rid of the parents, just as the child has to come out of the mother's womb one day, otherwise the uterus will become death. After nine months, the child has to leave the womb, leave the mother. For more painful and however empty the mother may feel, the child has to come out. Then in a Another day in his life, the child needs to get out of his parents' expectations. Only later, for the the first time, the child becomes a being in his own right, on his own. then walk by their own feet. Then it becomes really free. And if parents become alert and more understandable, will help the child to become as free as possible and in the shortest space of time.

time. They won't condition children to just be useful. On the contrary, they will help their children to be lovers.

A totally different world is about to be born, where people go to work...

carpenter goes to work because he loves wood. The teacher will teach at school because he loves teach. The shoemaker will continue to make shoes because he loves to make shoes. Right now something very confusing is happening. The shoemaker became a surgeon, and the surgeon, in turn, he became a shoemaker. Both are angry. The carpenter became a politician, and the politician, by his he became a carpenter. Both are furious. Life as a whole seems to be in deep fury. Just look at people to see that they seem to be angry. everyone seems to be in somewhere different from where they had intended to be. All seem to be misfits.

Everyone seems to be dissatisfied because of this concept of utility, which continues to haunt them.

them.

Here's an interesting story:

Mrs. Ginsberg, arriving in heaven, addressed the angel of records coyly.

“Tell me,” she said, “would it be possible to have an interview with someone who is here in heaven?

The angel of records replied:

“Certainly, assuming the person you have in mind is here in heaven.

– Oh, she is. I'm sure of that,” said Mrs. Ginsberg.

Actually, I want to see the Virgin Mary.

The angel of records cleared his throat.

- Ah yes. It turns out that it's in a different section, but if you insist, I'll forward the request. She is a caring lady and may wish to visit the old neighborhood.

The request was duly forwarded and the Virgin was truly attentive. It didn't take long so much so that Mrs. Ginsberg was favored with the Virgin's presence. Mrs. Ginsberg looked long to the radiant figure before her and finally said:

– Please forgive my curiosity, but I always wanted to ask you. tell me what is the feeling of having a child that is so wonderful that hundreds of millions of people have since worship like a god?

The Virgin replied:

– Frankly, Mrs. Ginsberg, we expected him to become a doctor.

Parents always have expectations, and these become poisonous. This is what I tell you: love your children, but never generate expectations about them. And love your kids as much as you can, beyond of teaching them to feel that they are loved for themselves and not for some other use. love your children tremendously and teach them to feel that they are accepted as they are. They don't exist to fulfill requirements. Whether they do this or that, it won't make any difference to their love.

given away. Love is unconditional. And then you can create a whole new world. Afterwards, the people will naturally move to the things they like. people will move naturally where they instinctively feel flowing. Unless you are satisfied, unless who has found something that is not just a profession, but a vocation, a calling, you will never be happy in relation to your parents, for they are the cause of your being in this world unhappy. The individual cannot be grateful, as there is nothing to be grateful for. Once done, then he will feel immensely grateful. And its realization is possible only if it does not become one thing. Your destiny is to become a person. Your destiny is to become an intrinsic value. Your destiny is to become an end in itself.

Shouldn't we love as much as we can? The father insists: “You must love me, for I am your father!”, and the child has to pretend to love him. There is not even any need for the child love the mother. It is one of the laws of nature that a mother has a natural instinct for love.

by the child, but not vice versa. The child does not have the natural instinct to love the mother. he needs the mother, this is a fact, he uses the mother, this is another fact, but there is no law of nature that ascribe to him the duty to love his mother. The son likes the mother because she is very caring and helpful, and without it he cannot subsist. So he's grateful, respectful, that kind of feeling is Normal, however, love itself is an entirely different phenomenon.

Love flows from mother to child, not the other way around. And it's very simple, because the child's love Love flows from mother to child, not the other way around. And it's very simple, because the child's love it will flow towards its own child, that is, it does not turn back like the river Ganges continues to flow towards the ocean, not towards the source. The mother is the origin, and the love flows forward, towards the new generation. Bringing him back is a forced act, and it doesn't characterizes as a natural, biological action.

But the child has to pretend, because the mother tells him, “I am your mother. You have to love me!” AND

what can the child do? It can only pretend and with that it becomes politics. every child becomes a politician from the cradle. Starts smiling when mother enters the room, a Jimmy smile Carter! He doesn't feel any joy, but he needs

to smile. You have to open your mouth and do some exercise with the lips, which helps. It is a measure of survival. But love is if making it fake. And once you learn the cheapest kind of love, the plastic kind, it's very difficult to discover the original, the real, the authentic. Afterwards, he has to love his sisters and brothers and, in the true, there is no reason for that. Who really loves their own sister, and for what? These are, all ideas implemented to keep the family together. But this whole falsification process takes the being human to such an extent that even when you fall in love and love someone, that love can become reveal false as well.

The individual, at this point, has forgotten what true love is. Fall in love with the color of the hair… And what does this have to do with love? After two days, it won't even look at the color of the hair. Or you fall in love with the shape of the nose, or a certain type of eye, however, after the honeymoon, these things are just boring! And then you have to keep managing somehow, whether pretending or cheating. Your spontaneity has been corrupted and poisoned, for otherwise he would not have fallen in love with parts. But human beings only fall in love with parts.

When asked the question: “Why do you love this woman, or this man?”, the answer will be: “Because she's very beautiful" or "Because of her nose, her eyes, the shape of her body, this and that", and everything

this is nonsense! This means that this love cannot be too deep or worthwhile.

some. This relationship cannot generate intimacy, it cannot have a lifelong flow, and soon it will run out as it is superficial. It wasn't born from the heart. It is a phenomenon generated by the mind.

Maybe she looks like an actress, and that's why she was enchanted, but enchantment isn't love. Love is a totally different kind of phenomenon, love is elusive and mysterious, and it's so mysterious that Jesus says, "God is love." It makes God and love synonymous and therefore indefinable. However, this natural love is lost. With regard to the question “No should we love as much as we can?" is it a matter of doing something in your degree maximum capacity? It's not a matter of doing. It's a phenomenon of the heart. it's kind of transcendence of mind and body. It's not prose, it's poetry. It's not math, it's music. O

man can't do it, it can just be. Love is not something that man does, love is something that the man is. But these “must be this, must be that” are weighed on man's spontaneity.

Love is never a duty, it cannot be the result of commands. Nobody can force themselves to love the

as much as you can. That's what people are doing, and that's why love is missing in the world.

How to love my mother?

A mother must be loved in an entirely different way. She is not the child's “beloved”, and it cannot be. If the child becomes too attached to the mother, he will not be able to find a partner to whom love. And then, deep down, he's going to be angry with his mother, because it's because of her that he can't transfer that feeling to another woman. Therefore, it is part of the development of being human having to walk away from the parents. It's just like being in the mother's womb and then having to get out of it. It's leaving the mother, in a way... and, in a way, betraying her. However, if inside the uterus the child has the perception that this will be a betrayal, "how can I leave my mother, who was who gave birth to me?”, then he will kill himself and his mother too. It has to come out of the uterus.

First the child is united to the mother completely, and then the cord that unites them have to be cut. The child starts to breathe on their own, which is the beginning of growth.

It becomes an individual, and body and mind function apart from the mother. However, by she will remain dependent for years to come. For milk, food, shelter, love, it will depend from the mother, as she is powerless. However, as it gets stronger, it starts to pull away each time more. Afterwards, although she stops breastfeeding, she still depends on some other type of food. In that moment, it is moving further away.

Then, one day, she has to go to school, make friends. And when you become a young adult, falls in love with a woman and completely forgets about the mother, in a way, because this new woman subdues him, dominates him. If

that doesn't happen, something's wrong. If the mother tries to cling to the son, you are not fulfilling your duty as a mother. It is a very delicate duty. the mother has to help him go, which is what makes duty delicate. It's about love. So she will be doing your duty. If the child clings to the mother, then there is something wrong too. It's against the nature. It's as if a river starts to run uphill... And then everything will turn upside down.

The mother is the origin of man. If he starts floating towards his mother, he'll run against the flow. He has to go. The river has to go away from the source, towards the ocean. But that doesn't mean he doesn't have love for his mother.

So remember that love for the mother has to be more like respect, less like love.

Love for the mother should be based more on the quality of gratitude, respect, deep respect.

She gave birth to the child, brought him into the world. The child's love must be very, very devoted to her.

Therefore, you must do everything you can to serve her. But you must not allow your love for her be equal to love for a woman you love. Otherwise, the child will confuse the mother with the loved. And when goals are confused, man will be confused. So must remember well that your destiny is to find a woman you will love, not your mother.

Only then, for the first time, will you become perfectly mature as you meet another woman means that he is now completely removed from his mother, that is, the final cord, in short, was cut.

That's why there is a subtle antagonism between the child's mother and wife, an antagonism very subtle all over the world. It has to be like that, because the mother somehow feels that this woman took her child. And it's natural, in a way. Natural but ignorant. the mother should be happy that the son has found another woman. Now your child is no longer a child and, on the contrary, became an adult and mature person. She should be happy, shouldn't she?

Therefore, the man can be mature only in one way, namely, moving away from the mother. AND

this is how it should be, on many levels of existence. The child has to revolt against the father, but not with disrespect, but with deep respect. But it is necessary to revolt. IT'S

Here it is necessary to use delicacy: the revolution is there, the rebellion is there, but with profound respect. If there is no respect, the revolution becomes ugly, the rebellion ceases to be beautiful. Then the son is failing at something. You can be rebellious, and free, but be respectful as your father and mother they are the origin.

Therefore, it is necessary to go away from the parents. Not just far away, but sometimes, in many ways, you have to stand against them. However, it must not turn into anger. It shouldn't be an attitude ugly, should remain a beautiful, respectful attitude. If the child wants to leave, he must go, but he must touch the feet of his mother and father (Indian practice to show love and respect for Older). You must tell them that you must go... must cry. And say you feel powerless and that have to go. And that the challenge calls him, that he needs to go. Everyone cries when leaving home.

Everyone keeps looking back often, with longing eyes, with nostalgia.

The days that passed were wonderful. But what to do?

Those who cling to home will be harmed, will remain a teenager, and will never be become a man in his own right. That's why you must leave with respect. And, whenever your parents need it, serve them, be available. But you must never confuse your mother with your beloved, for she is your mother.

## The robot

Why do Sufis (Sufism practitioners, Islamic mystic movement) say that man is a machine?

Man is a machine, that's why. Man, as he is, is totally unconscious. He it is nothing but your habits, the sum total of your habits. Man is a robot. The man not a man yet. Unless consciousness is part of his being, man will continue to be a machine. That's why Sufis say that man is a machine. It was through the Sufis who (George) Gurdjieff introduced the idea in the West that man is a machine...

When Gurdjieff first said that man is a machine, it was a shock to many people. But he was telling the truth.

It is very rare for man to be aware. In a lifetime of 70 years, if the individual lives a life called common, will not recognize even seven moments of consciousness in all Is it over there. And even if you recognize the seven moments, or less, those are just accidental. Per example, he can distinguish a moment of awareness if someone suddenly appears and put a gun to your head. At that moment, your thinking, your usual reasoning, watertight. For a moment he becomes aware, as it is something so dangerous that he it cannot remain asleep as usual.

In some dangerous situations, people become aware. Otherwise,

they remain deeply asleep. Are perfectly adept at doing their thing mechanically.

Just stand by the road and people watch, to be able to see that everyone is walking while sleeping. They are all sleepwalkers. Just like you.

Two vagabonds were arrested and charged with a murder committed in the neighborhood. the jury the found them guilty and the judge sentenced them to have their necks hung to death and until God have mercy on their souls. The two got along very well until the morning of the day arrived.

marked for execution. While they were being prepared for the gallows, one turned to the another and said:

– Damn, I don't know where I'm thinking. I can't put my thoughts in order.

Damn, I don't know where I'm thinking. I can't put my thoughts in order.

Well, I don't even know what day of the week it is.

“Today is Monday,” said the other tramp.

- Second? My God! What a rotten way to start the week!

It is enough for man to observe himself. Even on the brink of death, people continue to repeat old habitual patterns. Now there won't be another week, as the morning they must be hanged. But just the old habit of someone saying it is

Monday and the other then comments: “Monday? My God! What a rotten way to be start the week!"

The man reacts. That's why Sufis say that man is a machine. Unless he starts to respond, unless he becomes responsible... The reaction is generated from the past, the answers are produced in the present moment. The response is spontaneous, while the reaction is just an old habit.

It is enough for man to observe himself. Your wife tells you something: so whatever you have said, you should watch and ponder it. Is it just a reaction? And you will be surprised: 99% of your acts are not acts, for they are not responses but merely mechanical reactions. Mechanics only.

This happens constantly: the man says the same thing and his wife reacts the same shape and then it reacts, and it ends up in the same thing again. He knows that, she knows that.

Everything is predictable.

Here's an example:

'Dad,' said the boy, 'how do wars start?

– Well, son – began the father – let's say that the United States has had a disagreement with England...

- The United States did not disagree with England - interrupted the mother.

– Who said they had a falling out? – said the father, visibly irritated.

- I was just giving a hypothetical example to the boy.

– Ridiculous! - expressed the mother, snorting. – You're going to put all kinds of wrong ideas in your head from him.

– Ridiculous, nothing! - counterattacked the father. – If he listens to you, he'll never have any idea in his head.

As the cymbal-throwing stage approached, the son spoke once more:

- Thank you mother. Thanks Dad. I'll never need to ask you about how wars start again.

Man must just watch himself. The things he's doing, he's done a lot of them times. The ways he reacts are the same as always. In the same situation, he always does the same thing. If you're feeling nervous, grab a cigarette and start smoking. It's a reaction, because whenever he feels nervous he does just that.

Man is a machine. It's just a program built into it: he feels nervous, the Man is a machine. It's just a program built into it: he feels nervous, the hands go into pocket, package comes out. It's almost like a making machine stuff. He takes the cigarette out, puts the cigarette in his mouth, lights it, and it all happens mechanically.

It happens a million times, and he's redoing it again.

And each time the action is repeated, it gets stronger, and the machine gets more mechanical and becomes more skillful. The more the individual does this, the less awareness is needed to do it.

This is why Sufis claim that man works like a machine. THE

unless he starts to destroy these mechanical habits... For example, it would be interesting that the people did something exactly the opposite of what they usually do.

Experiment with the following example. The man comes home, he's scared after all he's late as usual, and his wife will be there ready to fight. He, in turn, is planning how to respond, what to say, things like: there was a lot of work in the office, and so on go. And she knows everything he's planning, and he knows what he's going to say if she asks why arrived late. And he knows that if he says he's late because there was too much work, she won't

believe. Never believed. She may have already checked, that is, she may have called the office, you may have already investigated where he was. But even so, this is just a pattern.

Today, he goes home and behaves totally differently. when his wife asks, "Where were you?" he says, "I was with a woman, making love." Then see the that happens. She will be shocked! You won't know what to say, you won't even be able to find words to express yourself. For a moment, it will be completely lost, because none reaction and no old patterns apply to this new attitude. Or maybe she has turned into a machine so much that it might say, "I don't believe you!" like never before believed. "You must be kidding!" Every day he comes home...

Another example: a psychologist said to his patient: "Today, when I go home...", because the patient was complaining nonstop, things like: "I'm always afraid to go home. Mine wife looks so unhappy, so sad, always in despair, that my heart starts to sink.

I want to run away from home."

The psychologist said:

– Maybe you're the cause of this. Do something: today, bring your wife flowers, ice cream and candy and, when she opens the door, give her a hug

and a good kiss. then start helping her Immediately: Clean the table, pans and floor. Do something absolutely new that you never have done before.

The idea was appealing, and the man experimented. Went home. By the time the woman opened the door and saw the flowers, the ice cream and the sweets, and the radiant man who was never a smile, hug her, couldn't believe what was happening! It went into total shock! AND

had to look again.

And when he kissed her and then he started cleaning the table, and he went to the sink and started doing the dishes, the woman started to cry. When he left the kitchen, he asked her: Why are you crying?

She answered:

- You are crazy? I always suspected that sooner or later you would go crazy. Now It happened. Why don't you go to a psychiatrist?

Sufis adopt these devices. They say: “Act totally different, not just others will be surprised, but you will be surprised too. And only in small stuff. For example, you tend to walk quickly when you're nervous. So don't walk fast, go very slowly, and watch. You'll be surprised how weird this is, and your mind fully mechanical will soon say, 'What are you doing? You never did that!' And when walking slowly, you'll be surprised that the nervousness disappears because you've introduced something new.”

These are the vipassana and zazen (Buddhist meditation techniques) methods. By going deeper into them, will find that the fundamentals are the same. To do the vipassana walk it is necessary walk slower than ever before, so slowly in an absolutely new way. O

feeling as a whole is new, and the reactive mind cannot function. can't work because there is no program for that, it just stops working.

This is why in vipassana one feels a profound silence when observing the breath.

Everyone always breathes but never watches the breath. This is something new. when the person sit in silence and just watch the breath, in, out, in, out, the mind stays confused: what are you doing? That's because I've never done that. It's so new that the mind cannot provide an immediate reaction to this. So, fall into silence. The foundation is the same.

Whether you are a Sufi, a Buddhist, a Hindu or a Muslim, it doesn't matter. The important thing is to go deep into the fundamentals of meditation, because the essence is one: to deautomatize the human being.

Gurdjieff used to do somewhat bizarre things to his disciples. When someone appears who were a vegetarian, he would say, "Eat meat." Now the foundation is the same, only this man is a little too much of himself, a little eccentric. He would say, "Eat meat." well, watch a vegetarian eating meat. The body wants to throw the meat away and it wants to vomit, and the mind is confused and disturbed, and he starts to perspire because the mind has no way to deal with it. It's the what Gurdjieff wanted to see, how the individual would react to a new situation. for the man who had never had any alcoholic beverages, Gurdjieff would say: “Drink. Drink as much as you can.”

And to the man who had been drinking alcohol, Gurdjieff would say, “Stop for a month. Stop completely."

He wanted to create some situation so new to the mind that it would just shut up, no had an answer to that, no ready answer. The mind works like a parrot.

That's why Zen masters beat their disciples sometimes. It is the same foundation.

Now, when a person goes to a master, he doesn't expect a Buddha to hit him, do he?

When you go to the Buddha, you go with the expectation that he will be pious and loving, you will pour love and put your hand on your head. However, this Buddha hits you, takes the staff and

hits you hard on the head. Now, isn't it shocking for a Buddha to hit his disciple? for a moment the mind to, have no idea how to proceed, it doesn't

work. And the non-functioning reaction is the beginning. Sometimes a person becomes enlightened, just because the master has done something absurd.

People have expectations, they live by expectations. They don't know that the masters don't fall into any kind of expectation. India was used to Krishna and Rama, and people like these. Then came Mahavira, who was naked. One cannot imagine Krishna naked, for always wore nice clothes, as nice as possible. He was one of the most beautiful people ever times, and used to wear ornaments made of gold and diamonds.

And then, all of a sudden, comes Mahavira. What did Mahavira intend by performing naked? shocked the entire country, and helped many people because of that shock.

Each master has to decide how to shock.

Well, they hadn't known a man like me in India for centuries. So anything that I do and anything I say is a shock. The whole country is in shock, a big shiver runs down the spine of the entire country. And I really appreciate that because people can't think...

I am not here to fulfill your expectations. If I satisfy them, I'll never be able to transform it. I'm here to destroy all your expectations, I'm here to provoke shock. And in those experiences that shock your mind will stop. And you won't be able to understand what it's about, and that's when something new enters your mind. That's why, from once in a while, I say something that people think shouldn't be said. But who are they for decide what someone should or shouldn't say? And it's natural that when something goes against your expectations, they react immediately according to their old conditioning.

Those who react according to their old conditioning fail to understand the teaching. Those who do not react according to the old conditionings are left in silence, enter a new space. When talking to my disciples, I'm trying to beat them, one way or another. It's all intentional. When I criticize Morarji Desai (Indian politician), I don't it is so much about Morarji Desai. It's much more about Morarji in people, because they have the political inside if itself. When I hit Morarji Desai, I hit the Morarji Desai that exists in people, the politician

inside them.

Everyone has the politician inside them. The political means the desire to dominate, the desire to be number 1. The political means ambition, the ambition of the mind. when i hit Morarji Desai, people feel stricken, and they start to think: “This man cannot be a person really enlightened, for if it were, why should I hit Morarji Desai so rudely?”

They are simply making the act rational. They have nothing to do with Morarji Desai: they are saving their own inner Morarji Desai, they are trying to protect their own politician.

I have nothing to do with poor Morarji Desai. What can I have to do with him?

I have nothing to do with poor Morarji Desai. What can I have to do with him?

However, I have everything to do with the politician inside you.

Sufis say that man is a machine, because man just reacts accordingly.

with the programs it was fed with. It is enough for the individual to start behaving like receptive and ready to give answers so that you are not a machine. And when the individual is not a machine, it is a man. Hence, then, man is born. look, stay alert, observe, and continue to let go of all reactive patterns within you. Every moment, try to respond to reality, not according to the ready-made idea within you, but according to the reality as it is out there. Respond to reality! Respond with full awareness, but not with the mind.

And then, when you respond spontaneously, not through reaction, action is born. THE

action is beautiful, reaction is ugly. Only a man who has a conscience acts, because the man with lack of awareness just reacts. Action frees, while reaction continues to create the same chains and making them thicker, harder and stronger.

Live a life of response, not reaction.

The animal

“I love my husband, but I hate sex, and that creates conflict. Isn't sex animalistic?"

IT'S. But man is an animal; as much as anyone else. However, when you say that the man is an animal, it does not mean that the fact that man is an animal is an end in itself same, for he can be more than the animal, just as he can be less too.

This is the glory of man: freedom and danger, agony and ecstasy. the man can be alright inferior to animals, just as it can be far superior to gods. the man has a infinite potentiality.

A dog is a dog: he remains a dog. Dog is born and will die

puppy. A man can become a Buddha, just as he can become an Adolf Hitler. Or that is, man is quite open from both extremes, and can even go backwards.

Is it possible to find any animal more dangerous or crazier than man? Only think of the following scene: 50,000 monkeys sitting in a stadium killing small children, throwing them into the fire. What to think about them? Thousands of children are being thrown into the fire...

A huge fire is burning in the middle of the stadium, and 50,000 monkeys are having fun, happy, dancing, and children are being thrown, their own children. What to think about these monkeys? Did they go crazy? But this happened in humanity. This happened in Carthage (city of antiquity, located in North Africa), where 50,000 men burned children.

Three hundred children were burned at once, as an offering to their god. Your own children!

But forget about Carthage, it is a distant past. What did Adolf Hitler do in the last century?

Of course, as it was a very late century, Adolf Hitler was able to do things bigger than Carthage. He killed millions of Jews, thousands at once would

have been forced into gas chambers. And hundreds of people would have looked outside...

watching through fake mirrors. What is there to think about these people? What kind of men...? People being gassed, burned, evaporated, and others watching? IT'S

it possible to think of animals doing such a thing?

For 3,000 years, man went through 5,000 wars, and killed and killed and killed. And how it is does anyone say sex is animalistic? Animals have never done anything more "animal" than The man. And does anyone still think that man is not an animal?

Man is an animal. And the idea that man is not an animal is one of the obstacles to

its growth. Therefore, whoever believes that man is not an animal will not be able to grow up. The first recognition should be the following: “I am an animal, I have to be alert and go beyond that.”

That's what happened in this case:

A man wrote to a country hotel in Ireland to ask if it was allowed puppy. Received the following response:

Dear sir,

I have been in the hotel business for over thirty years. I never had to call the police to expel a rowdy dog in the wee hours of the morning. no dog

never tried to write bad checks. Never has a dog set fire to clothes from bed for smoking. I never found a hotel towel in a dog bag. Your dog is well-coming.

PS: If he can testify on your behalf, you can come too!

Animals are beautiful, whatever they are, they are simply innocent. The man is too cunning, too calculating, too ugly. Man can descend to a lower level

than the animals because it can rise higher than man superior to the gods. the man has a infinite potential: it can be the inferior and it can be the superior. He has the complete ladder in his be, from the first to the last step. So the first thing I would like to say to you is: no it must be said that sex is simply animalistic. It's possible, but it doesn't have to be. It might be higher than that, it can become love, it can become a prayer. It depends on each one.

Sex itself is nothing like a fixed entity, but just a possibility. You may do it how you like it, how you want it. This is the complete message of Tantra: that sex can be become samadhi (cosmic consciousness). This is the view of Tantra: that sex becomes samadhi, that it is through sex that the ultimate ecstasy can enter the individual. Sex can become a bridge between the individual and the ultimate.

Some say, "I love my husband, but I hate sex, and that creates conflict." How is it possible to love your husband and yet hate sex? This is more like a pun. how can anyone love the husband and hate sex?

Just try to understand the question. When a woman loves a man, she wants to hold his hand also. When a woman loves a man, she sometimes wants to hug him too. when the woman love a man, not only want to hear his voice, but also want to see his face. when the woman you only hear the voice of your beloved, and the beloved is far away, the voice is not enough. However, if the a woman can see him too, she is more satisfied. When the woman touches it, it certainly stays still more satisfied. When a woman tastes a man, she is certainly much more satisfied.

What is sex? It's just a meeting of two deep energies.

Many people possibly carry some taboos in their minds as well as inhibitions. What is it sex? Just the meeting of two people at the peak, that is, not just holding hands, no just embracing each other's bodies, but penetrating each other's energy field. Per would anyone hate sex? Their minds must have been conditioned by the mahatmas, the so-called "religious" people who poison humanity as a whole, who

they poison the very source of human growth. Why would anyone hate it? If the woman loves her man, she wants to share the fullness of her being with

him: there is no need to hate. And if you hate sex, what do you mean? You are simply saying that wants the man to take care of her financially, to take care of the house, to give her a car and a fur. So, what the woman wants is to use the man... And you call that love? and don't want share anything with him. When you love, you share everything. When you love, you don't have no secret. When someone loves, he keeps his heart completely open, and he is available. When someone loves, he is always ready to go with the loved one to hell, if he is heading there.

But it happens. Women are very good with words: they don't want to say no they do, and that's why they make it look like they love men but hate sex. the sex it's not all about love, it's true, and love is more than sex, it's true, but sex is the basis of love. Yes, one day sex disappears, but hating it is not the way to make it disappear. to hate is the way to repress it. And everything that is repressed will come out in one way or another.

Please don't try to become a monk or a nun...

Remember: sex is natural. One can go further, but not through repression. And, in case the sex is repressed, sooner or later the individual will find some other way to express it, being subject to the entry of some kind of perversion, since it will need to find some substitute. And substitutes don't help, don't help, can't help. AND

once a natural problem has transformed in such a way that the person forgets of that, and that it has arisen somewhere else as a substitute, it may be that the person keep struggling with the replacement, but it won't solve the problem. Substitutes are never the solution, they only create perversions, obsessions. You have to be natural if you want to one day go beyond the nature. Be natural: this is the first requirement. That doesn't mean there's nothing but the

nature, for there is a higher nature, which is the message of Tantra. But the man must be quite mundane if you really want to climb high into the sky.

Can't you see the trees? They are rooted in the earth and the deeper their roots go, the higher they will rise. The higher you want to go, the deeper you have to go into the earth. if if a tree wants to touch the stars, it will have to go and touch hell itself – that is the only way.

Take root in your own body, if you want to transcend. It is necessary to be rooted in the sex itself, if want to actually become a lover. Yes, the more energy that is converted into love, the less need for sex to be there, but that does not mean that the individual should hate sex. not hate it's a right relationship, with whatever it is. Hate simply shows that the individual is afraid. Hate just shows that there is great fear within. Hate only evidences that deep down the individual still feels attraction. If the individual hates sex, it's because his energy goes start moving somewhere else. Energy has to move.

If God gives man sexual energy, it becomes sacred. Anything of God is sacred, and everything comes from God. And by "God" I don't mean a particular person, but existence as a whole.

Have you ever wondered what the cuckoo's goal is when it starts to sing? It's to attract a partner sexual. But no one condemns the cuckoo's actions as obscene. When the flowers open and exhale their fragrance, what do you think they are doing? They are announcing: “I came to bloom, so butterflies and bees are invited and are welcome.” But why? Because the flower has little seeds

that butterflies and bees carry with them. Because the same division exists throughout the existence: there are plants that are male and there are plants that are female. The male plant has to send his seeds for the female plant, his beloved. Have you seen the peacock dance? do you think he dances for show off to the public? And notice the beautiful rainbow-colored tail and the peacock costume dancer being male. He wants to attract some female. It is only in insane humanity that the female must attract the male.

In nature as a whole, it is the male who attracts the female. And that's why, throughout the nature, the male is more beautiful: the female does not need to have any beauty, being female is already enough. But it is strange that man has been continually contradicting the idea. is the male which must be prettier, for a female to be attracted to him.

However, religions have made a mess. To such an extent that seeing a rich man walking with his wife, the perception is that he looks like an employee and the wife looks like nothing more than an advertisement for his riches. All

diamonds, all emeralds, all rubies, all gold, everything is an advertisement for man. He's just a businessman.

Having a beautiful wife is a business strategy, so that the man will be able to invite his customers for dinner at home and his wife will mesmerize them with her beauty, when then he can bill on them! But the man became just a servant, a businessman.

your riches are known through his wife - his personal riches, his beauty, his genius from it have to be kept hidden.

Every time you upset nature and start making your own rules, remember that it is a crime, an unpardonable crime.

The man, unless he meditates, is going to go crazy, crazy after women. And the man finds the meditation harder than the woman. Experienced mothers who have already had two or three children are able to know if it is a girl or a boy that they carry in the womb, once the girl keeps silent and the boy starts playing football, kicking here and there.

Girls are able to go deeper into meditation. On the one hand, you can go deeper in meditation, on the other hand, your sexuality is negative, not compulsory. I stayed marveling at the experience of living among all kinds of monks and nuns, as none monk is celibate indeed, but nuns are all celibate. They manage to be celibate; they are not men of uncontrolled sex. In addition, nature has provided so that, each month, your sexual energy leaves the body automatically, so they are clean again for a month.

But the man has a difficulty. Your sexual energy can be dominated by just one deeper meditation. So, then, he doesn't get mad. unless you meditate deeply, the man will not be able to transcend his sexual madness.

The student parade had turned into a riot. Suddenly a man staggered out of the crowd carrying a fainting girl in his arms.

'Here,' shouted a policeman running up to the man, 'pass her to me. I'll get her out of here.

– Go to hell – replied the man – go find one of your own!

Even in a riot, when people are being killed, shot, the mind of the man keeps thinking about sex constantly. Sex is man's greatest slavery.

One has to make every effort to meditate, so that all the sexual energy, instead of scroll down, start scrolling up. Instead of finding a beautiful woman, the

man must begin to create a beautiful man within himself. Instead of finding a graceful woman, his energy can make himself graceful. But the man is more stupid than that the woman. The whole story is made by man, and that's where you can see the madness: it's a story not from humanity, but from madness, wars, rapes, people burned alive, undoing.

A couple took their young son to the circus. During the gorilla's performance the husband had to go to the bathroom, and while he was away, the boy nudged his mother and asked:

– What's that long thing hanging between the gorilla's legs?

The mother felt embarrassed and quickly replied:

– Oh, that's nothing, darling.

When the husband returned, the wife went out to buy popcorn, and while she was away, the When the husband returned, the wife went out to buy popcorn, and while she was away, the boy nudged his father and asked:

– Dad, what's that big thing hanging between the gorilla's legs?

The father smiled and replied:

– That, son, is his penis.

The boy looked confused for a moment and then commented:

– So why did Mom just say it was nothing?

- Son - said the father proudly - I got used to your mother badly.

the sex maniac

Sex is a subtle, delicate subject. Centuries of exploitation, corruption, perverted ideas and conditioning are associated with the word “sex”. The word is too loaded. is one of most loaded words there is. Saying “God” sounds empty. Saying "sex" sounds pretty loaded.

A thousand and one things arise in the mind: fear, perversion, attraction, a tremendous desire and also a tremendous anti-desire. All come together. The very word sex causes confusion, chaos. It is like if someone threw a stone into a pool of calm waters and millions of ripples. Just the word “sex”! Humanity has been living under very wrong ideas.

Have you ever noticed that, at a certain age, sex becomes important? Not that the individual make it important. It's not something you make happen, it just happens. Around from 14 years, energy is suddenly flooded with sex. As if the floodgates had been open at the young man. Subtle sources of energy that weren't yet in action open up, and all the energy becomes sexual, colored with sex. The young person thinks about sex, sings sex, has sex, and everything becomes makes it sexual. Every act is colored. It happens, nobody does anything to make it happen. It's natural.

Transcendence is also natural. If sex is experienced in its entirety, without condemnation, without no idea of getting rid of it, so then, just like at age 14 the floodgates open and all the energy becomes sexual, around age 42 these floodgates close again. And that it is also as natural as sex becoming active. It's the moment when the to vanish. Sex is not transcended by any effort on the part of the individual. if he does any effort will be repressive, as it has nothing to do with the individual. sex is inherent to the body, to biology. Man was born a sexual being, there is nothing wrong with that. This is only way to be born. To be human is to be sexual. When anyone is conceived, the mother and the father are not praying. They don't listen to some sermon from the priest. Nor are they in the church. They are making love. Even to think that your own mother and your own father were making love when was designed seems to be difficult for anyone. They were making love, their energies sexual relationships were coming together and merging with each other. And

then, in a deep sexual act, the individual was conceived. The first cell was a sex cell and then from that

cell, other cells appeared. However, each cell remains sexual basically. The body of man as a whole is sexual, made up of sex cells. Now they are millions. Remember if:

you exist as a sexual being. Once you accept that, the conflict that has been created over the centuries will dissolve. Once you accept it deeply, with no ideas in between, when the sex is seen as something simply natural, you will be able to live it. no one asks me how one transcends eating, nor how does one transcend breathing, because no religion teaches the man to transcend the breath, that's why. Otherwise, someone might ask: "How transcend breathing?" Man breathes! Man is an animal that breathes, in addition to being a sexual animal. But there is a difference. Fourteen years of your life, at the beginning, are practically not sexual or, at the most, rudimentary sexual play that is not really sexual, but just preparations, rehearsals, that's all. At 14, the energy suddenly matures.

Watch... a child is born. Immediately, within three seconds, the child has to breathe, otherwise she dies. So, the breath must remain throughout the life of that being, for it is part of the first stage of life. It cannot be transcended. Maybe before dying, just three seconds before, breathing stops, but not before that. Always remember: both extremes of life, the beginning and the end, are exactly similar, symmetrical. The child is born and starts breathing in three seconds. When it gets old and about to die, when stop breathing, in three seconds you'll be dead.

Sex enters a very late stage: for 14 years the child lives without sex. And if the society is not very repressed and therefore obsessed with sex, a child can live completely oblivious to the fact that sex, or anything like sex, exists. the child can remain absolutely innocent. However, this innocence is also not possible when the people are very repressed. When there is repression, there is also obsession; both live side by side side. And so the priests go on repressing, and there are also the antipriests, Hefners (Hugh Hefner was founder of Playboy magazine) and others, who continue to create more and more pornography. Therefore, on the one hand, there are the priests, who go on repressing, and, on the other, there are the antipriests, who go on making

sexuality more and more glamorous. Both coexist, as they are elements of the same coin. Only when Churches disappear is it that Playboy magazines disappear, not before. They are business partners. They look like enemies, but don't be fooled by it. They speak against each other, but that's how the things work.

I heard about two men who were broke, had gone bankrupt and therefore they had decided to start a business, a very simple business. They started a journey, traveling from one city to another. First, one of them arrived and, during the night, threw tar on the doors and windows of people. After two or three days, the other came to clean up.

It advertised that it could clean any kind of tar, or anything that went wrong, and

cleaned the windows. Meanwhile, the other was doing half the business in another city.

In this way, they started to earn a lot of money.

This is what happens between the Church and the “Hugh Hefners” and people who create pornography continuously.

See this example:

The beautiful Miss Keneen sat in the confessional.

“Father,” she said, “I want to confess that I let my boyfriend kiss me.

– Is that all you guys did? asked the priest, very interested.

- Well no. I let him put his hand on my leg too.

– And then what else?

- And then I let him pull down my panties.

– And then, and then…?

- And then my mother came into the room.

– Oh, dammit! – sighed the priest.

They work together, they are partners in a conspiracy. Whenever the individual is very repressed, begins to find a perverted interest. A perverted interest is the problem, not the sex.

Now this priest is neurotic. Sex is not the issue, but this man is in trouble.

The nuns Margaret Alice and Francis Catherine were walking down a side street.

Suddenly, they were grabbed by two men, dragged into a dark alley and raped.

'Father forgive them,' Sister Margaret Alice said, 'for they don't know what they're doing.

– Shut up! - Shouted Sister Catherine - This one knows.

This is meant to be that way. Therefore, the individual must never convey to his mind a only idea that is against sex, otherwise you will never be able to transcend it. At people who transcend sex are people who accept it naturally. It is difficult, because being human being is born into a neurotic society in relation to sex. Either way, it is neurotic in the same way. Although it's very difficult to get out of this neurosis, if you stay a little alert, anyone can get out of it. So the question is not how to transcend sex, but how to transcend this perverted ideology of society: this fear of sex, this repression of sex, this obsession with sex. Sex is beautiful. Sex itself is a natural rhythmic phenomenon. It happens when the child is ready to be conceived, and it is good that this happens, otherwise life would not exist. Life exists through sex, life is its means. One who understands life, he who loves life, knows that sex is sacred, holy. Consequently, live sex, have pleasure with it and, as naturally as it came, it leaves, of its own volition. at 42

years or so, sex begins to fade, as naturally as it came. But

it doesn't happen that way. You must have been surprised when I said about 42 years old.

Everyone knows people who are 70, 80 years old and who haven't gone beyond that. Everyone knows “old perverts”. They are victims of society. They weren't allowed to be natural, it's

a symptom, for they repressed when they should have enjoyed and delighted themselves. in those moments of pleasure, they were not fully present. They weren't orgasmic, they were indifferent. Per this, whenever the individual is indifferent to anything, it persists longer.

This is my thought: people who have lived fairly, with love, naturally, around 42 years of age, they begin to transcend sex. For those who didn't live the way natural and have been fighting sex, the age of 42 turns out to be the most dangerous moment, because when you reach that age, your energies are declining. When you're young, you don't characterizes as a problem to repress something, since the young person is very energetic. Here's the irony of fact: a young person can repress sexuality very easily, because he has the energy to do so. He you can simply lower it and sit on it. When the energies are fading and they decline, sex will assert itself and the individual will not be able to control it.

See the following anecdote:

Stein, 65, visited the office of his son, Dr. Stein, and asked for something to increase his sexual potency. The doctor gave the father an injection and then refused to let him pay.

However, Stein insisted on giving his son $10.

A week later, Stein was back for another injection and this time he gave his son

20 dollars.

– But, Dad, the injections are only $10.

- Take it! - Stein insisted. – The 10 extras are from your mother.

And it goes on... so before you become the father and mother of the anecdote, please end the this in time. Don't expect to get old, because then things get ugly. Then everything comes out of season.

Why are people so fascinated by pornography?

It must be religious education, Sunday school (in the United States). otherwise, no there would be a need to be interested in pornography. When the individual is against reality, begins to make use of the imagination. The day when religious education disappears from the face of the Earth, pornography will die. It cannot die before. This seems very paradoxical. Magazines like Playboy exist only for the support of the Vatican. Without the pope there will be no Playboy magazine, it cannot exist. There won't be any reason for its existence. The priest is behind this.

Why should anyone be interested in pornography when people live and colors are present? And it's so beautiful to see flesh and blood people. Who is interested in the photo of a bare tree? After all, all the trees are bare! Just do one thing: cover all the trees so that sooner or later you can find magazines circulating clandestinely, magazines with bare trees! And people will read them, put them inside their Bibles, look at their pages and enjoy them. Try it and see. Pornography can only disappear when people accept their nudity naturally. Nobody wants to see cats, and dogs, and lions and naked tigers in pictures, but they're naked! In fact, when a dog passes by

someone, that person doesn't even think about the situation, namely the fact that the dog is naked.

It is heard that there are some ladies in England who cover their dogs with clothes. They have fear that nudity might bother some religious and chaste soul. Bertrand Russell wrote in his autobiography that, in his childhood, in the Victorian era, even the legs of the chairs were covered, because they were legs.

Just let the man be natural and pornography disappears. let people getting naked... not that they have to sit naked in offices, there's no need to go so far

away. However, on the beaches, on the rivers, or when people are at ease, relaxing in their homes, resting in the sun in their gardens, they must be naked! let the children play naked, around naked father and mother. Pornography will disappear! Who will look at the magazine Playboy? And for what? Something is being deprived, some natural curiosity is being deprived, hence pornography. Get rid of the priest inside you, say goodbye. And then suddenly will notice that pornography will disappear. It is necessary to annihilate the priest in his unconscious so that you perceive a great change in your being. Men will become more united.

A salesman on a business trip was in a hotel for the night when found a Bible at the head of the bed. On the first page was the inscription: “If you are sick, read page 42. If you are concerned about your family, read page 68. If you are lonely, read page 92.”

He was lonely, so he turned to page 92 and read what was written. When it ended, he noticed that at the bottom of the page were handwritten words: “If you're still lonely, call 62485 and ask to call Gloria.”

If enlightenment and ecstasy seem to be so close, and Buddhahood just one step away then why do men behave like grumpy gorillas

when are you with your girlfriends?

When being with the girlfriend, all men behave like a gorilla. Otherwise, the girlfriends would be very frustrated. The more a man behaves like a gorilla, the more they are satisfied. Just observe: man's behavior as a gorilla represents so much pleasure that no girlfriend will go astray. If the man behaves so much gentlemanly, the girlfriend will be very frustrated.

However, the state of enlightenment is still one step away from the gorilla. makes no difference wherever man is, for enlightenment is always at a constant distance of one step. IT'S

I just need to get out of the gorilla to reach it. Sometimes it's easier to get out of the gorilla. After all, who wants to be a gorilla? It's harder when it comes to former President Ronald Reagan or a Prime Minister.

minister or the richest man in the world. It's harder to get out of these roles, because all of these are performed on stage in the theater of life.

The state of enlightenment becomes easier when the individual is playing a role.

that you don't like. He hates it with all his strength, but because of his girlfriend, he has to play

the paper. The girlfriend is also trying to play her role, but it will be very difficult contain two gorillas in a bed. And that's why the man made the woman act like a lady, eyes closed, lying practically swooning so that he could jump like a gorilla all over the bed.

But nobody likes the role. It would be good for the man to have a fixed camera to film himself himself at the moment he's behaving like a gorilla. Then, when viewing the recording, would feel quite ashamed: “What am I doing? What kind of an idiot am I?” It's good let people turn off the light. And the whole society in the past was against people making love outdoors, on the beach or in the park. Every society in the past was very against it for the simple reason that anyone who behaved like a gorilla on the beach would make every man remember, at the beach, that “This is what I'm doing too, the only difference is that I do it at the night darkness".

But the distance between being a gorilla and the state of enlightenment is only a single step, in that the individual becomes aware of the action and escapes it just as a snake slips from your old skin. Jump out of bed and become a Buddha. Tonight, try it!

Right in the middle of being a gorilla, immediately jump out of bed, sit in position lotus and become a buddha! And I promise you, your girlfriend will have more pleasure and stay longer happy: "Finally you understand something."

And many people will find it a surprising fact that the distance is so small. O

individual can become a gorilla in his sleep, can become a president in his sleep, can become the richest man in your dream, but these are all dreams. In

fact, when someone becomes a gorilla in their sleep, it becomes a nightmare. All love affairs if turn into nightmares. And getting out of the nightmare also seems to be very difficult, but people they just try to wake up when dreams start to turn into nightmares. if the dream still sweet, beautiful, who's going to want to wake up?

It's good that everyone recognized one thing: that man behaves like a gorilla.

This is of great understanding. So tonight, take the first step into the state of ecstasy, and tomorrow morning everyone will realize that this man who used to be a gorilla acquired the state of enlightenment. Miracles still happen.

What is the difference between normal sex and tantric sex?

The normal sex act and the tantric sex act are basically different. the normal sex act is

to relieve, it's like having a good sneeze. The energy is thrown out and the person feels relieved.

It's destructive, it's not creative. It's good, it's therapeutic. It helps to be relaxed, nothing more.

Tantric sex is basically diametrically opposite and different. It's not for relief, isn't it to throw energy away. It's to remain in the act without ejaculation, without throwing energy out, it's to remain in the act, in an integrated way, only in the initial part of the act, and not in the final part.

This changes the quality, which becomes complete and therefore different.

It's good to understand two things. There are two types of climax, two types of orgasm. A type of It's good to understand two things. There are two types of climax, two types of orgasm. A type of orgasm is known. You reach a peak of excitement and then you can't go any further: the end has arrived. The excitement reaches a point where it becomes involuntary. The energy jumps into the individual and leaves. He is free of energy and feels relieved. The load has been dropped, and the individual can, so relax and sleep.

Orgasm is being used as a tranquilizer. It's a natural tranquilizer: then a good night's sleep comes, if the person's mind is not oppressed by religion. Case otherwise, even the tranquilizer is destroyed. If the mind is not oppressed by religion, only then can sex be reassuring. The one who feels guilty will even have his disturbed sleep. You'll feel depressed, you'll start to condemn yourself, in addition to taking oaths of that now he will no longer give in and enjoy sex. Later your sleep will turn into a nightmare. Sex can only be used as a tranquilizer for that individual who is a being.

natural without much oppression of religion and morality.

This is a kind of orgasm, which reaches a peak of excitement. tantra is centered on another kind of orgasm. If the first type of orgasm was called peak orgasm, it could call the tantric orgasm the valley orgasm. It does not reach the peak of excitement, but the deepest valley of relaxation. Excitement has to be used by both in the beginning. And so that I say that in the beginning they are the same thing, but the ending is totally different.

Arousal needs to be used for both: either to go toward peak arousal or to the valley of relaxation. For the first, the excitement has to be intense, increasingly intense.

The individual has to grow in it and help it grow towards the peak. In the second, the excitement it's just a start. And once the man has reached it, both the lover and the beloved can relax. No movement is required. The couple can relax in a hug.

loving. Only when the man feels, or the woman, that the erection is about to decrease is there the need for a little movement and excitement. But then it relaxes again. one can prolong this deep embrace for hours without ejaculation, and then both can fall asleep deep together. That's a valley orgasm. Both are relaxed and meet as two relaxed beings. In ordinary sexual orgasm, the couple meets as two excited beings, that is, tense, full of enthusiasm, trying to unload. Ordinary sexual orgasm looks like a madness, while tantric orgasm is a deep relaxing meditation.

Some may not be aware of this, but this is a fact of biology, or rather, of bioenergy: men and women are opposing forces. These forces, called

negative-positive, yin-yang or any other denomination you like, are defying each other. And when both find themselves in deep relaxation, both revitalize each other. Revitalize each other, they become generators, they feel more alive, they become radiant with new energy, and nothing is lost. A union with the opposite pole is enough for the energy to be renewed.

The act of tantric love can be done as many times as you like. The ordinary sex act cannot be done as much as you want, because of the loss of energy it causes in the body that,

consequently, it will take some time to retrieve it. And when the body recovers the energy, ends up losing it again. It sounds absurd. A whole life is spent in winning and losing, recover and lose: it's like an obsession.

The second thing to remember: some people may have already noticed that animals they never get to enjoy the act of sex. In the sexual intercourse of animals, they have no pleasure. Look for baboons, monkeys, dogs or any kind of animal. In their sexual act it's not possible realize that they are feeling pleasure or that they are enjoying the act. is simply impossible! It seems to be a purely mechanical act, a natural force that pushes them towards to him. If anyone has ever seen sex between monkeys, they must have noticed that they eventually split up. And to looking at her features you don't see ecstasy in them. It's like nothing happened. when the energy it forces itself, when the energy is in excess, the animals expel it.

The ordinary sex act is just like that, but moralists say the opposite: “Don't involve, not 'like'”, “It's like the animals do”. It's wrong! Animals never enjoy, only man can enjoy. And the deeper man can enjoy, the higher the species of humanity that is born. And if sex becomes meditative, enraptured, it will be possible to touch the level higher. But remember Tantra: it's a valley orgasm, not a peak experience. IT'S

an experience worth it!

In the West, Abraham Maslow made this term peak experience very famous. O

The individual enters an arousal process that walks towards the peak and then falls. It's for that, after every sexual act, there is a sensation of falling. And that's natural: you fall off a peak.

It will never be possible to have the same feeling after a tantric sex experience. This one does not have the feeling of falling. You cannot fall any further, because the individual is in the valley. Instead, he is going up. Upon return, after the act of tantric sex, it appears that the individual went up, not down. The couple feels full of energy, with more vitality, more vivacity, more radiant. And that ecstasy will last for hours and hours, and even days and days. It depends on the degree of depth that each one managed to reach. When moving, sooner or later, the man will realize that ejaculation is a waste of energy. There is no need for that, the unless the couple needs children. And with a tantric sex experience it is possible to feel a deep relaxation all day long. A single tantric experience is enough for you to feel relaxed even for several days - at ease, at home, non-violent, no irritation, no depression. And that kind of person is never a danger to others. If you can, will help others to be happy. If you can't, at least it won't make anyone unhappy.

[Only] Tantra can create a new man, and that man, who can come to know the timelessness, the absence of self-centeredness and a profound non-duality with existence, will grow.

the monk

All religions teach man to renounce his wife, his children, the world, his comforts.

and to everything that makes life a pleasure. Only then can he be saved. They are teaching you to commit suicide, and that's not religion. However, religions have turned millions of people into a bunch of suicidal people. The moment man's love dies, many other things too die within it. A man whose love is dead is unable to see beauty in a painting. if you can't see beauty in a human face, if you can't see beauty in the maximum expression of the existence, what can you see on a screen? Just a few colors. can't see beauty in that.

He whose love is dead cannot compose poetry, for without love his poetry will be simply arid. There will be no life in it. It will be a simple word exercise, without any spirit behind. It will be poetry with a body without a soul, but not poetry itself. A man who cannot love, cannot be creative in any way.

So-called celibate saints and monks have contributed nothing to wisdom human, for human intelligence, for beauty, for wealth, for music, for dance.

No, celibate monks and nuns did not contribute in any way to this. they are a burden to the Earth.

The only thing they contributed was AIDS. What is a consequence very natural.

Life stems from sex, life consists of sex. One can elevate sex to such refinement to point of becoming love, compassion. However, if the individual blocks the energy of sex itself through celibacy he destroys all possibilities of his natural development. It is, then, walking towards death. If sex is life, then celibacy is death.

This is simple logic. These celibates brought AIDS to men, because celibacy it's not natural, it's against biology, it's against physiology, it's against human

hormones.

And it's good to remember that the human body is autonomous. It doesn't work under man's orders, since it has its own program and works accordingly. Man eats food.

It's up to him to decide what he wants to eat. However, when passing through the throat, the man no longer has the ability to interfere with anything related to food. It is now in the power of your body digest it, separate it into different elements, which will be sent to different parts of the body: what is needed for the brain will be carried to the brain, what is needed for the genitalia will be carried to the genitalia.

Furthermore, the body does not know whether the individual is a Christian monk or celibate, and continues to produce sperm. What's he gonna do with these sperm? Can not it continues to contain them within itself, due to the limited space, and once it is full, it needs to release them. You sperm are in a hurry to be released, because they also want to go out into the world and see what's happening outside. That's how you come into the world, that's how everyone comes to the world. It is good that Gautama Buddha's father was not a monk. if only a few people, such as Gautama Buddha's father, Lao Tzu's father, Chuang Tzu's father, the father of Moses, had they been monks, there would have been no religion, except Christianity... for the poor father of Jesus had nothing to do with Jesus' birth, he was a monk!

But who has not thought about it, that the Christian God is a trinity, and that a part of the christian trinity is the Holy Spirit? He's not a celibate, he's a rapist. a great act divine! He rapes the virgin wife of a poor carpenter, and people still continue to call this monster the Holy Spirit. So what do you think an unholy spirit is? And he is essential part of God. This makes God a non-celibate too. But the monks, the nuns and all religions have forced death and destruction on humanity. And the end result is AIDS.

And AIDS is spreading fast, like wildfire. It can destroy humanity. Because the Did religions disapprove of life in the past?

In the name of religion, man has been exploited - exploited by both the priest and the political. And the priest and the politician have been in deep conspiracy against man. The only way to exploit man is to make him afraid. Once frightened, the man is ready to submit. Once you tremble inside, the man loses confidence in himself same. Then you are ready to believe any stupid nonsense. can't do a man to believe nonsense if he has self-confidence. Remember, this is how man has been explored for centuries. This is the trade

secret of the calls religions: make man afraid, make man feel despicable, make

make the man feel guilty, make the man feel like he's about to go to the hell. How to make the man fear enough? The only way is as follows: condemn life, condemn everything that is natural. Condemn sex for being the first foundation of life, condemn the food because it is the second foundation of life, condemn the relationship, family, friendship, because it is the third foundation of life, and continue condemning.

Condemn everything that is natural to man, just say it's wrong: “If you do this, you will Condemn everything that is natural to man, just say it's wrong: “If you do this, you will suffer for it. If you don't, you will be rewarded. Hell will descend on you if continue to live naturally", this is the message of all the past, "and heaven will be given to you, if you go against life.”

This means that only if the individual is suicidal will God accept him. if commit suicide slowly in the senses, in the body, in the mind, in the heart, and continue to be destroy, the more you manage to destroy yourself, the more dear you will become to God. this was all the teaching of religions in the past. It contaminated man's existence, it poisoned him.

These poisoners exploited the man tremendously with it. The religions of the past were death-oriented, not life-oriented. What I proclaim is a life-oriented vision: to love the life in its multidimensionality, because it's the only way to get closer and closer to the ultimate truth. The ultimate truth is not far away, it is hidden in the immediate. The immediate is the supreme, the inherent is the transcendent. God is not there, he is here. God is not that, is this. It's the man is not unworthy, he is not a sinner.

I am here to help alleviate all men's feelings of guilt. I am here for help you start trusting yourself again. By starting to trust your own being, no politician and no priest will be able to exploit it. man is always exploited through fear.

Here's an example:

Mulla Nasruddin once got lost in a jungle. Tried to find a way out of the all day, but it was not possible due to tiredness, hunger, exhaustion, injuries,

besides

from the tattered clothes due to the dense forest and the thorns in the jungle. and it was getting more dark, the sun setting and night about to fall.

He is an atheist, a committed atheist who has never prayed before. However, with the situation, or namely, the fear of night and wild animals, for the first time in his life he thought of God.

He forgot all the arguments he used to make against God. Kneeled on the floor and said, "Dear Sir...", though he looked around, a little embarrassed, knowing perfectly fine that there was no one, but still ashamed... the philosophy of atheism of an entire life! But when fear knocks at the door and when death is so close, who bother with logic, philosophies and stuff? Who cares with reason, arguments?

“Dear Sir,” he said, “please help me out of this woods and I will adore you to ever. I will even start attending the mosque. I will follow all the rituals of Islam. Me promise! Save me. Forgive me. I apologize for all the things I have said against you. Went a fool, a total idiot. Now I know who you are.

Just at that moment, a bird passed over his head and dropped something right in your hands.

– Please, Lord, don't give me that shit. I'm really lost!

When a man is scared, even if he's been an atheist all his life, he starts to get scared.

When a man is scared, even if he's been an atheist all his life, he starts to get scared.

turn into a theist. The priests were aware of this fact and used this device for centuries. All of humanity's past was based on oppression by fear.

And the best way to provoke fear is to make the man feel guilty about natural things. As he can't let go of them, but he can't enjoy them either, due to the fear of the hell, he lives in dilemma. And this dilemma is the basis of man's

exploitation. can't just ignore your sexuality because some stupid priest says it's wrong. No it has nothing to do with the idea of right and wrong. It is something natural, something that is part of the being itself. The human being comes from sex, each one of his cells is a sex cell. O

man simply cannot let go of sexuality. Yes, the individual can start to repress it and, with that, it can accumulate it with constancy in the unconscious and, consequently turn it into a wound. And the more you repress, the more obsessed you will become. AND

the more obsessed, the more guilty you will feel. It's a vicious circle. At that moment, the man gets caught in the priest's trap. And the priest himself never believed it, nor the politician never believed it either. These things were for the people, for the masses. The masses are what have been deluded.

The story goes that kings used to have several wives, and this was the case for clerics also. And it's a miracle: people continue to believe in these charlatans. the priest and the politician do everything they tell people not to do, sometimes openly, sometimes through the door of the funds. Priests greatly harm the human heart, the human conscience. put this poisonous idea that life is an ugly thing in man's mind. Teach people how to rid of life.

I teach my people how to go deeper in life, while the priests teach how to get rid of it. I teach man how to make his life free, while priests teach how end this life. And I teach you how to walk life towards eternity, continuously, and how to live life in abundance. Hence the controversy: it is destined to exist. my vision is just the opposite of what has been taught in the name of religion. I bring a new vision of religion to the world.

This is the boldest attempt ever made: accept life in its multidimensionality, enjoy it,

celebrate it, rejoice in it. My path is not renunciation, it's satisfaction. It's also not his way is fasting, but feasting. And being festive is being religious. I define religion as space festive.

No other animal can be festive, no other animal knows about festivals. dolphins they can play, chimpanzees can have fun, but only man celebrates.

celebration is the level highest development of consciousness. I teach man to celebrate. celebration is the my key.

# the homosexual

In the primal therapy group I had just concluded I was dealing with my homosexuality. The therapist said that emotionally I was like a boy. What you it tells me? First, don't make a problem out of it. the one who really wants solving it should not turn it into a problem. Once turned into a problem, it doesn't there will be no solution. It may seem paradoxical, but what I say is this: accept the homosexuality, there's nothing wrong with that. It's just a social idea that something is wrong in this, but there is nothing wrong. The good thing is that at least the individual is attracted to somebody. So the first thing is to accept, not reject, otherwise you'll never be able to to solve this. Through acceptance there is a possibility of its disappearance. How much more reject homosexuality, the greater the possibility of being attracted to boys, since everything that is rejected generates attraction. It is necessary to live homosexuality for it to disappear. THE

homosexuality is a necessary stage in the development of a man or a woman.

The primal therapist seems to be right: if the individual got stuck in the second phase, there is nothing wrong with that. You can go beyond this phase, but only if you go through it. so forget any attitude towards homosexuality, as this is nothing more than propaganda of the times. There's nothing wrong with that, it's not a sin. And if you can accept it then you will naturally outgrow it, and will begin to take an interest in women. However, it is necessary to pass that is why.

It is possible that the mother of some men was more dominant, as mothers usually to be. It is very rare to find a man who is not a wife-dominated husband, very rare really. In fact, it doesn't happen, and if sometimes one appears that isn't mastered, means the exception confirms the rule, nothing more. There are reasons, psychological reasons for this.

Man continually struggles in the world and with it his masculine energy is depleted. At the the moment he gets home, he wants to become feminine. Want to rest from your aggression male. In the office, in the factory, in the market, in politics, everywhere your daily life is a

fight. At home he doesn't want to fight, he wants to rest, because the next day the world will start another

turn. Therefore, when he enters the house, he becomes feminine. All day long the woman was female and did not have to fight at all, as there was no one to fight with. Is it over there She's tired of being a woman... and the kitchen and everything, and the kids. Want to enjoy a little of the aggression and fight and torment, and the poor husband is available. In this way, she makes male and the husband female, and this is the complete foundation of man's domination by the women. But the children get into trouble: they see that the mother is the one who dominates and they feel sorry for the father.

And despite their compassion for their father, they want to love him, but they can't. And they can't because will be against the mother. If even the father can't go against the mother, how could they?

Deep down, they resist the mother, since the overbearing mother becomes repulsive, and this is the their first experience of femininity. Later, whenever they are in the presence of a woman, they will be afraid, for she will reveal herself as a mother again. She will dominate, torment, and it will be powerful.

This is the son's fear, who is still sympathetic to the father. The poor man never had anything to to say. Due to the compassion for the father, the son is more attracted to boys. But not it's nothing to think it's a problem. The individual can go through this. It's needed start enjoying this situation and not feel guilty about it. will be soon surprised, as soon there will be a great desire for women. Being attracted to a man is a one thing, however, to feel fulfilled being with a man is impossible. To achieve realization complete the opposite is necessary, as the opposites complement each other. man can even feel well with another man, however, feeling good is one thing, sharing a deep love and intimate is another. He may feel happy, but feeling happy is one thing and being ecstatic is totally different.

Ecstasy is possible only when masculine and feminine energies meet, but they always bring in them their shadow and agony. That's the fear: having seen too much agony and therefore be scared. But the ecstasy is so beautiful that it's worth all the agony that comes from the struggle, from the conflict.

Men are best friends, while men and women are never friends. You lovers are enemies but never friends, indeed lovers and enemies, never friends. You men are very good friends, while women don't know how to be friendly. IT'S

very difficult for women to love other women, although they know each other very well, in fact, they know a lot of each other. But men are very friendly and homosexuals are people really joyful, for there is no agony... but there is also no ecstasy. You have to risk it to see.

My suggestion: accept homosexuality and you will soon move beyond it. then go start exploring the opposite polarity: the woman. It has to be explored, it's part of growing up.

The man has to exploit the woman and the woman has to exploit the man. And the deeper in that exploration, the greater the ecstasy and the greater the possibility that the agony is there too. ecstasy and agony go together, they balance.

The relationship between two men is more comfortable, convenient, and there is greater understanding.

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A relationship between a man and a woman is always tumultuous and there is less understanding, because they live in separate worlds. How can one understand the other? No man understands the woman, just as no woman understands a man, and that's the beauty of being together. This creates

mystery... [and] misunderstandings too. But it is necessary, first, to accept. Stop resisting and in soon you will be able to go further.

Whenever two similar types of body and mind try to fit together it is characterized as perversion. Therefore, I say that homosexuality is a perversion. In the West, this kind of relationship predominates more and more. Now homosexuals think they are making progress: they have their own clubs, parties, institutions, magazines, advertising, everything. And are increasing in number: in some countries it is close to 40%. Sooner or later

homosexuality will become a pattern everywhere, a normal pattern. Now, even some states of the United States is allowing same-sex marriage. If people insist, it is necessary that Allow yourself, for the government exists to serve the people.

If two men want to live together in communion, through marriage, it's no one's business create obstacles. No problem. If two women want to live together, married, no one has to intrude. That's their business. However, this is basically unscientific. it's subject of them, but it is unscientific. It's their business and no one needs to interfere, but their minds don't have instruction in the basic pattern of human energy and its movement.

Homosexuals cannot develop spirituality. Is very difficult. All the pattern of their energy movement is confusing. The entire mechanism is perverted and generates concussions. And if the homosexuality grow too much in the world, very different techniques will have to be developed, unknown so far, to help you move towards meditation.

After ten years in the army, men are required to undergo a medical examination. The soldiers they take off their clothes and enter the doctor's office, one at a time.

The doctor places the stethoscope on the first man's chest.

“Sophia Loren,” says the doctor.

The man's heart beats fast. Boom! Boom! Boom!

“Raquel Welch,” says the doctor. Boom! Boom! Boom!

“Your wife,” says the doctor. Boom.

– Perfectly normal – announces the doctor. – Go and wait there.

The next man is examined in the same way:

“Marilyn Monroe,” says the doctor. Boom! Boom! Boom!

– His wife – complete silence. “Well,” says the doctor, “go and wait with the other men.

The next man enters for the exam.

“Sophia Loren,” says the doctor. Boom... boom... boom...

– Brigitte Bardot – tries the doctor. Boom... boom... boom...

“Your wife,” says the doctor. Boom...

'Weird,' says the doctor, 'but you're still quite normal. anyway go 'Weird,' says the doctor, 'but you're still quite normal. anyway go and wait there with the other men. Boom! Boom! Boom! Boom!

the Zorba

Anyone who has not read Zorba the Greek should read it. Zorba says to his boss: “There is something missing on you, boss. A touch of madness! Unless you cut the cord, you'll never really live.”

A little madness in human beings gives you other dimensions, besides poetry and courage enough to be happy in this unhappy world.

Zorba has a beauty all his own. Kazantzakis, the author of the novel Zorba the Greek, is one of the greatest Greek writers of the last century, and suffered tremendously at the hands of the Church. Zorba is a name fictional, the character is not a historical person. When Zorba the Greek wrote, Kazantzakis was expelled from the Church. When writing Zorba, he was forced to withdraw his book from circulation, otherwise it would be

expelled. As he did not remove it from circulation, he was expelled from Christianity and condemned to hell.

Zorba, in fact, is the very individuality of Kazantzakis repressed by Christianity; he no I could live it, but I wanted to. Kazantzakis expressed all that unlived part of his life in the role of Zorba. Zorba is a handsome man, who does not fear hell, does not covet to go to heaven, lives every moment, enjoy the little things... food, drink, women. after a day full of work, he picks up his instrument and sits on the beach dancing for hours. And the other part of Kazantzakis, which was reproduced in Zorba, the Greek... Zorba is the servant, and the other part is the master who employed Zorba. The boss is always sad and sitting in his office doing his files. He never laughs, he never has fun, he never goes out and, deep down, he's always jealous of Zorba, for this one, although he doesn't earn much, very little actually, lives like an emperor, doesn't think about tomorrow, what might happen. Zorba eats well, drinks well, sings well, dances well.

Unlike his master who, despite being very rich, just sits there, sad, tense, in anguish, in misery, suffering.

Zorba is the unlived part of every so-called religious person.

And why was the Church so against it when Zorba was published? It was just a romance, there was no nothing for the Church to worry about. But it was so clear that it was about life that every Christian would like to live, that this novel could be a dangerous book. And it's a book dangerous.

However, Zorba is tremendously beautiful. Kazantzakis sends him to buy some things at However, Zorba is tremendously beautiful. Kazantzakis sends him to buy some things at the city and he forgets everything. Drinks and hangs out with prostitutes, has fun and, from time to time, remembers that many days have passed, but also that you still have the money. unless all the money ends, why would he come back? The master will be very angry, but nothing could be done in relation to that, that's his problem. Although he was supposed to stay for only three days, he he returns after three weeks, and brings nothing that was asked for, the reason for his trip. and comes with all the stories: “What a great trip! You should have been there. I met such beautiful Bubulinas...

and such good wine!"

– But what about things? – says the master. – For three weeks I was boiling here.

– When there are so many beautiful things available, who cares about these little ones stuff? – argues Zorba. – You can cut my salary each week, little by little, and have your money back. I regret that I couldn't come back sooner. And you should be happy for me have come back. As the money ran out, I was forced to come. But next time I go, I will bring all things.

– You'll never go again – replies the master – I'll send someone else.

Zorba's life as a whole is a life of simple physical pleasure, but without any anxiety, without any guilt, without any annoyance with regard to sin and virtue.

Nikos Kazantzakis represents each and every human being. He was a rare man, but victim of a whole past. He was a very sensitive man, that's why the division became very clear. He was a very intelligent man who realized he was divided. This was the source of a great inner torture.

Being divided against yourself is hell, and fighting yourself is continual torture. THE

person wants to do something, this is a part of him, and the second part says, “No, you can't do that. It is sin." How can you be at peace with yourself? And the one who is not at peace with himself he cannot be at peace with society, with culture and, ultimately, with existence.

The individual is the real brick of all existence. I wish this Zorba man was I live in each individual, as it is the natural heritage of each one. But you shouldn't stop and stay in Zorba. Zorba is just the beginning.

I would like you to be Zorba the Greek and Gautama the Buddha, together, simultaneously. Any less than that will not be enough. Zorba represents the earth with all its flowers, vegetation, mountains, rivers and oceans. Buddha represents the sky with all its stars and clouds, and the arches.

iris. Heaven without Earth will be empty. Heaven cannot laugh without Earth. The Earth without the sky will be dead. With the two together, a dance comes into being. Earth and sky dancing together... and there's laughter, there is joy, there is celebration.

If a man can truly be a Zorba, he is not far from being a Buddha. Already went almost halfway. And the first half is the hardest, because all religions are against. All religions drag man to another place, away from the first half, and a

once dragged in some other direction, it can never be a Buddha. After all, this is the only path that leads to Buddha.

Zorba is the path to Buddha.

“Since I met you I started daring to love, laugh and dance again. You opened my eyes for beauty, for the poetry of life. I feel younger, almost childlike, amazed for the beauty that permeates everything. I feel like a wandering pagan youth with pleasure, drinking the juice, enjoying every drop of it. Is this deeply immoral?”

No, it's immensely moral. It's the only morality there is: be pagan and squeeze every drop of the juice of every moment of life, being a child, with your innocence, running again after butterflies, collecting shells from the beach, colored stones... see the beauty of the existence that surrounds you, allow yourself to love and be loved. Love is the principle of religion. And also the end of religion.

And a religious person is always young. Even when he's dying, he's young. Even in his death is full of joy, full of dancing, full of music.

I teach the individual to be pagan and to have the innocence of children. I teach to know the wonders and the mysteries of existence, not to analyze but to enjoy; not to create one theory, but to practice a dance.

All beings on Earth dance except man. They have become a great cemetery. Me I call all to come out of their graves.

No, it's not immoral. All religions will say it is, but all these religions are wrong.

Anyone who says this is immoral is simply against humanity, against the existence, against joy, against happiness, against everything that leads to godliness. I am entirely in agreement.

# PART

# two

the man or the woman

are still alone,

But a lover takes shape

When souls come together.

Eve

“Some days I feel like a man and other days I feel like a woman. Can I be both? or I will turn schizophrenic?”

Every individual is both, and is aware of it. This is very good, this is a big perception of its own existence. Everyone is both, but so far the individual has been conditioned and taught in such a way that man is man and woman is woman. It is a very false arrangement and unfaithful to nature. If a man starts to cry and shed tears, people start telling you, “Don't shed tears like a woman, don't cry like a women. Don't be a sissy.” This is absurd, as man has so many tear glands as the woman. If nature did not intend for man to cry and shed tears, then he would have no tear glands.

Now this is very repressive. If a girl starts behaving like a man, like, for example, being ambitious and aggressive, people start to think there is something wrong: something hormonal is wrong. They call her a brat and say she's not a girl. This is a absurd! This division is not natural, it is a political, social division. women are forced to play the role of women 24 hours a day and men are forced to play the role of men 24 hours a day, which is completely against nature and, it certainly creates a lot of suffering in the world. There are times when a man is delicate and must be feminine. There are times when the husband must be the wife and the wife must be the husband, and that it must be very natural. And so there will be more rhythm and more harmony. If the man doesn't have to playing the role of man 24 hours a day, you will be more relaxed. And if a woman doesn't if you have to play the role of a woman 24 hours a day, it will be much more natural and spontaneous.

Yes, sometimes in a fit of rage a woman becomes more dangerous than a man and sometimes, in quiet moments, a man is more loving than any woman. And these moments change continuously. Both conditions belong to each of the individuals and,

therefore, no one need feel that they are becoming schizophrenic or anything like that. That duality is part of nature.

This is an instant of great insight on your part. You can't miss it and you shouldn't have the concern that you are about to become schizophrenic. It's a change: for a few hours you are a man and during others you are a woman. If you look at this closely, you can know exactly for how many minutes are you a man and for how many minutes are you a woman. The change takes place periodically. In yoga, you work deeply on these inner secrets. return attention for breathing allows the person to “take a break”. When the left nostril breathes, the individual is female, whereas when the right nostril breathes, the individual is male. AND

after about 48 minutes there is an exchange. This exchange happens day and night, continuously. When if you breathe through the left nostril, it is the right hemisphere of the brain that works, the right side is the side feminine. When you breathe through the right nostril, it's the left hemisphere of the brain that works, which is the male side. And sometimes you can play with that.

When you are very angry, do the following: close your right nostril and start breathing through the left nostril. In a few seconds you will notice that the anger will disappear. That happens because to be angry it is necessary to be in the masculine part of one's being. Try it and it will be astonished. Only with the change in breathing, from one nostril to another, it is possible to change some very important things. When you feel cold and indifferent to the world, just breathe through the left nostril and let imagination and fantasy flow with ardor, so that suddenly it is possible to feel full of liveliness.

And there are certain actions that can be performed more easily when the individual is in the masculine condition. When doing something physically strenuous, like carry a rock, push a rock, check what happens to the nostril. If not in the male condition will not be good. It can be dangerous for the body, as the individual is very mild. When playing with a child, or just sitting with your dog, feel that you are in the feminine condition, under the influence of greater affinity. when you are writing a poem, or painting or composing music, must be in the female condition... unless intend to create a war song! There, then, all right! Must be in condition male, aggressive. Pay attention, and you will become more and more aware of these two polarities. And is It is good that these two polarities exist: it is how nature organizes itself for rest. when the the male part gets tired, the female part takes over, and the

male part rests. when the female part is tired and goes to rest, the individual becomes masculine. And this is a inner economy, because change is continuous. However, society teaches the wrong things: that a man is a man, and that has to be a man 24 hours a day. It is a load too heavy. And a woman has to be a woman 24 hours a day: delicate, loving, kind-hearted. The imposition is absurd. Sometimes she also wants to fight, get mad, throw things… and that's good if you understand the inner game.

These two polarities constitute a good inner game, the game of consciousness. Thats how These two polarities constitute a good inner game, the game of consciousness. Thats how God became divided in the human being, to have a game of hide and seek with himself.

When the game ends, when you learn what was supposed to be learned with the game, when the lesson is understood, then you go further.

The final stage is neither male nor female, it is neutral.

The man, deep down, is aware that the woman has something he doesn't have. In First of all, the woman is attractive to him, she is beautiful. He falls in love with the woman, and the woman it practically becomes an addiction for him, and that's where the problem arises.

The feeling of dependence on women, which every man has, makes him react in such a way that he starts to treat the woman as a slave. Besides, he also has fear that she is beautiful. She is beautiful not only for him, she is beautiful for whoever sees her, for whoever wants to to contact her. With this, a great jealousy arises in the mind of the selfish male chauvinist. O

men do to women what Machiavelli suggests to politicians: marriage is politics too.

Machiavelli suggests that the best form of defense is attack, and man has used the idea during centuries, even before Machiavelli recognized it as a basic fact in all spheres policies. Wherever there is some kind of domination, attack is certainly the best way to

defense. In defense, the individual is already losing ground, as he has already accepted himself as the side defeated. You're just protecting yourself. In India there are religious scriptures such as the manusmriti (the Code of Manu, part of a collection of Brahmanical books), written 5,000 years ago, where it is advised that, for those who wish to have peace in their home, it is absolutely necessary to give a good spanking the woman from time to time. She must be kept practically imprisoned. And it's like that that she lived in different cultures, in different countries; and his imprisonment was basically the same. And because of man's desire to prove himself superior... Remember, whenever someone wants to prove something, it means that person is not what they say they are. The truth superiority needs no proof, no evidence, no witnesses, no

argument. True superiority is immediately recognized by those who have even a small amount of intelligence. True superiority has its own strength magnetic.

As men condemned the woman, and had to condemn to keep her under control, they reduced it to a sub-human category. What fear must have driven the man to do this? pure paranoia. The man continually compares himself to the woman and thinks she is superior. For example, when making love to a woman, the man is much inferior because he can only have one orgasm at a time, while the woman can have at least half a dozen, a chain, that is, orgasm multiple. The man just feels totally powerless. he can't give these orgasms for the woman. And that created one of the most unfortunate things in the world: how can you not have a multiple orgasm, the man tries not to give the woman even the first orgasm. The taste by orgasm may prove to be a danger to him.

If a woman knows what an orgasm is, she will, necessarily, be aware that an orgasm If a woman knows what an orgasm is, she will, necessarily, be aware that an orgasm it is not satisfactory and, on the contrary, you will become more thirsty. But the man is exhausted and therefore to deceive her, he doesn't let the woman know that anything resembling an orgasm exists in the world. And the fact that the woman does not know the orgasm does not mean that the man is in a better position. By preventing the woman's orgasm, the man has to lose his own orgasm too.

Something important needs to be understood: men's sexuality is local, limited to the genitals and to a sex center in the brain. However, with women, it's different: their sexuality encompasses Whole body. A woman's entire body is sensitive, it is erotic. The fact that man's sexuality is site, the sensitive area is very small. Women's sexuality, on the contrary, has an area sensitive pretty big. The man reaches orgasm in a few seconds, while the woman doesn't it didn't even get past the warm-up phase. The man is in a hurry, as if he were fulfilling a obligation for which you are paid, and you want to finish it quickly. Making love is the same thing. I myself I ask: why, after all, does man take the trouble to make love? Well, only two or three seconds and it's over! The woman was warming up and the man was finished. not that he has reached an orgasm, because ejaculation is not an orgasm. The man turns to the side and goes to sleep. And the woman, for her part, not a woman, but billions of women are shedding tears after men made love to them because they were left in limbo. You men encourage them and, before women can reach a conclusion, the man is out about the game.

But the fact that the man ends quickly has a very significant story behind it, and it is for her I'm leading the reader. By not allowing the woman the first orgasm, the man have to learn to finish as fast as possible. With this, the woman loses something extremely beautiful, something sacred on the face of the Earth, and so is man.

Orgasm is not the only thing a woman is powerful at. Anywhere in the world to A woman lives five years longer than a man, that is, her average age is five years older.

That means it's tougher and has more energy. Women get less sick than than men. Women, even if they are sick, heal faster than the

men. These are scientific facts. While 115 boys are born, one hundred girls are born. there of ask yourself: why a hundred and 115? But nature is wise. When they reach marriageable age, 15

boys will be lost! There will only be a hundred boys and a hundred girls left. girls don't die easily. Women don't commit suicide as much as men. the suicide rate of men is twice as many as women. Although women talk about suicide more than men, the man usually never talks about it... Women make a

lot of noise about suicide, but they always choose to survive, as they do not use any drastic method to kill themselves. choose the most comfortable, the most scientific and the most contemporary: sleeping pills. And, by Amazingly, no woman takes so many pills that it becomes impossible to be resurrected. So his suicide is not suicide, but a kind of protest, a threat, a

**blackmail to make the husband understand that this is a wake-up call for the future. all The world condemns him: doctors, neighbors, relatives, police officers. He becomes a criminal and the everyone's solidarity goes to the woman, even though she tried to commit suicide.**

**When murder is at issue, the difference is enormous. the man commits murder almost twenty times more, while the woman very rarely. The women they go crazy less than men. Again, the proportion is the same: men they go crazy twice as often as women.**

**And yet, after all these facts established by science, the superstition that the man is stronger remains. In only one thing he is stronger: the fact that he has a body muscular. He's a good handyman. Other than that, in all aspects it feels, and has meaning for centuries, a deep inferiority complex. To avoid this complex, the only way is to force woman to stand in a lower position. And that's the only thing that can be considered too much powerful in man: he can force woman. It is more cruel, more violent, and it forces women to accept an absolutely false idea: that it is weak. And to prove that the woman is weak, the man needs to condemn all feminine qualities. It has to be said that they are all weak, and that all those qualities together make a woman fragile.**

**In fact, a woman has all the great qualities. And whenever a man is stimulated, he is able to achieve the same qualities he condemns in women. the qualities supposedly considered weak are all feminine qualities. And it's strange that all great qualities fall into that category. What's left are just brutal qualities, qualities animals. The woman is more loving. The man does not show a greater love than the woman. At India, millions of women have died jumping alive on the funeral pyre with their loved ones, because they could not conceive of a life without a husband or friend. It's not a little weird that in 10 thousand years a single man has not even dared to jump on a funeral pyre with his wife?**

**Enough time, enough opportunity... and look, the man is stronger. the woman who is delicate and fragile jumps on the funeral pyre, and the strongest Mohammed Ali continues to make his push ups. And they still say he's stronger! Force has many dimensions. love has its own strength. For example, to carry a child in the womb for nine months it is necessary to have strength, energy and love. No man could handle that. An artificial belly could be placed in man, since scientific technology has reached the point where man could have a plastic belly implanted, but it's hard to believe it could survive nine**

**months! Both will jump into the ocean.**

**It's hard to give life to another soul, to give a body to another soul, to give a brain and mind to another soul. The woman shares her whole heart with the child, giving him everything she can. Really after the child is born it is not easy to bring up children. For me, it seems to be the hardest thing about world. Astronauts and Edmund Hillary... these people should first try to raise their children.**

**Only later would it be possible to accept that they would do something like climbing Everest. Otherwise,**

**it wouldn't make sense. Even if you hit the moon and walk on it, it doesn't matter. Not that it means that the individual is stronger. A child alive is so unstable and has so much energy overflowing that will make the father tired in a matter of hours. Nine months in the womb and, after a few years...**

**Just try sleeping one night with a small child in your bed. During the At night, in your house, something will happen. Either you will be killed by the child, or you will kill there. It will most likely kill the child, because children are the most unpleasant beings in the world. While children are new in the world and want to do many things, adults, for their time, he's dead tired. You want to sleep, and the child is fully awake, you want to do all sorts of things and he wants your advice, and he asks questions... and if nothing goes well then he wants to go to the Restroom! And he is thirsty, and he is hungry in the middle of the night... The child sleeps all day. in the womb of mother, she sleeps 24 hours a day, then slowly 23, 22,**

**twenty, but is almost always asleep. And during the night, wake up. You'll be sleeping all day and, in the middle of the night, you'll wake up and torturing the adult.**

**I don't believe there is any man who can have a pregnancy or who can raise the sons. This is a task that depends on the strength of the woman. But it's a different force. there is the force which is destructive and there is another force which is creative. There is a force that is hateful and there is another force, which is of love.**

**Love, trust, beauty, sincerity, truthfulness, authenticity are all feminine qualities and they are far better than any quality man has. However, all the past was dominated by man and his qualities.**

**It is natural that in times of war love is useless, truth is useless, beauty it is useless, aesthetic sensibility is useless. In war, a heart is needed that is harder than stones. In war, you simply have to have hate, anger and madness to destroy. For 3,000 years man fought 5,000 wars. Yes, that is also strength, but no it is worthy of human beings. This is the force derived from man's animal heritage. Belongs to past, which is gone, and feminine qualities belong to the future, which is to come. what the man needs to win, nature gave to woman as a gift. Man has to learn to love. Man has to learn to let the heart be the master and the mind be just one obedient server. Man has to learn these virtues. The woman carries them with her, and the men condemn all these qualities, characterizing them as weaknesses. women are women and men are men, there is no doubt in terms of comparison. equality is out of question. They are not unequal nor can they be the same. They are unique.**

**The man is not in a better position than the woman with regard to experience.**

**religious. However, he has one quality: it is that of the warrior. After getting a challenge, the man is able to develop any kind of quality. Even females he is capable of develop better than any woman. Your fighting spirit balances things out. The women**

**are born with these qualities. Man only needs to be stimulated, challenged, because these qualities were not given to him and therefore he has to acquire them. What if men and women can both nourish themselves with these qualities, the day is not far off when they will be able to turn this world into a paradise.**

**I would like the whole world to be filled with feminine qualities. the wars would disappear. Marriage and nations would disappear. And just like that we would have a world: a world of love, peace, quiet and full of beauty.**

**However, when I say that a man has to develop feminine qualities, no I mean he has to imitate women.**

the male

“A friend of mine often uses the words 'male ego' in relation to me, which I don't think be true of me. From the beginning I was open and vulnerable to feminine energy. Furthermore, I felt that when she used that expression there was a kind of hatred towards men. Someone is able to explain what is 'male ego'? And what does it mean when a woman uses this expression in in relation to man?”

The ego is simply the ego, it is neither male nor female. However, man has been very inhumane to women, over and over for centuries. And the strange thing is that the man has been like that, so cruel and inhumane, due to a deep inferiority complex you feel in comparison to them. The biggest problem is that a woman is capable of becoming a mother, it's capable of giving birth, and man is not. That was the beginning of the feeling of inferiority - nature it depends on the woman, not the man.

Furthermore, he found that she is, in many ways, stronger. women are more patients, more tolerant than men. Men are very impatient and very intolerant. Women are less violent. They don't commit murder. you are the men who commit murders, who undertake Crusades, who are always ready for war, who invent all kinds of deadly weapons, such as atomic bombs and nuclear weapons. THE

woman is completely out of this whole death game. So it's not a coincidence the fact that the man had begun to feel inferior in some way. like nobody wants to be inferior, the only way found by the man was to force the woman, in an artificial way, to become bottom. For example, not allowing your educational background, not allowing your freedom economic, not letting her leave the house and confine her to a situation of imprisonment. Looks unbelievable what man did to woman just to get rid of her complex of inferiority. He has artificially made women inferior.

This is not just a question for the man. When a wife tells her husband that he has a male ego, is simply representing the universe of women, and the husband nothing it is more than a representative of the universe of men. Male ancestors did so much

bad that there is no way to strike a balance. So when the wife tells the man that he is the male ego, you have to try to understand. Most likely she's right, because the man has set himself up as superior for so long that he doesn't feel that ego is his. And the woman who feels. The man must not deny his wife's feelings. You must be grateful and ask where she feels the ego so he can let go of it. You must let her help you.

The man is simply denying the existence of the male ego because he does not realize that the It has. But it's a traditional heritage. Every little boy has a male ego. If one boy starts to cry, the adult immediately tells him: “Why are you crying like a girl? The girl is allowed to cry because she is subhuman. you will be a great sexist, and that's why you shouldn't cry or shed tears.” And that's when the boys, still small, they begin to stop shedding their tears. It is very difficult to find men who they are prepared to cry and they allow themselves to shed tears like women.

you must listen to what the woman has to say. He has suffocated and oppressed her so much that now is the time to

that it must be heard and the story must be corrected. At least in his personal life the man must do everything possible to allow the woman to have as much freedom as possible, and that this freedom is the same as man allows himself. Help the woman get up so she can bloom again.

The world will be more beautiful if all women, who are half the world, can develop your talents and your genius. It's not a question at all... no one is superior, nobody is inferior. Women are women, men are men, and although they have differences, the differences do not make anyone superior or inferior. Their differences generate attraction to each other. Already thought of a world where there are only men? It will be so ugly! life is rich because there are differences, different attitudes, different opinions. no one is superior, no one is bottom. People are just different.

The man has to accept this and help his woman break free from the 10,000 years of repression.

Need to be a friend to her. Much damage was done and she was so hurt that if the man can bring about some healing with your love, it will contribute to the

world as a whole, and to the world-wide awareness.

There is no point in feeling bad when the wife says, "This is the male ego." it really is, but subtly, unrecognizably, after all, it's been there for so long that it forgot that this is ego. IT'S

I need to let her help him so that he can recognize the male ego and destroy it.

"Why do men have chest hair?"

Well they can't have it all!

“I always hear you say nice things about women. Couldn't defend men On occasion?"

It's a very difficult question. I couldn't sleep through the night. I try and try hard find something nice about men, but I end up having to admit that there's nothing that

can be said. Men can see for themselves.

A women's magazine interviewer asks a famous British general about her sex life.

'Excuse me, sir,' she begins, 'but can you remember the last time you had relationships with your wife?

His upper lip twitches for a moment and then he says,

– Yes, of course I can. Nineteen and 45.

After a moment of silence, the woman commented:

– One thousand nine hundred and forty-five? But that was a long time ago.

The general glances at his watch and says:

– It hasn't really been that long. Twenty-one forty-five.

Man is a funny thing. If anyone finds anything nice about men, I would like to be informed. He himself completely accepts his failure.

The world suffers a lot from conflicts because of masculine energy and domination on the part her. There needs to be a balance. Not that male energy is absolutely not required. On the contrary, it is necessary, but proportionally. Right now 99%

of energy is male, and female exists only on the sidelines. She is not the main stream of life, that's why there are disagreements, fights, fights, wars. This energy has brought humanity to the verge of complete suicide. It can occur any day, unless the feminine energy is released for balance. That's the only hope.

World War III can only be avoided if the feminine energy is released to the

world to balance male energy. Otherwise, there will be no other way. Can not be avoided through peace marches or protest against war, as this too is male energy! Who hasn't watched protesters? They are very violent, and every march for peace turns into mutiny. Sooner or later, they start burning buses and playing stones against the police. They were there crying out for peace, but their own message is war.

Masculine energy can talk about peace, but it's just preparation for war. continue to to say that men have to fight to protect the peace. Now, look at the absurd: it is necessary to go to the war otherwise there will be no peace in the world. To achieve peace it is necessary to go to war. IT'S

That's why men have been at war for centuries and peace never comes. In 3000 years man fought 5,000 wars. Not a day goes by that there isn't a war somewhere or other. Sometimes it's Vietnam, sometimes it's Israel, sometimes it's Kashmir, and sometimes it's somewhere elsewhere, but the war continues. And it's not just a matter of changing the political ideology of the world. That won't help as all ideologies are masculine. The female energy has to be released. This can bring balance. The moon has been too neglected, the sun has become too much important. The moon has to be brought back to life. And, with the moon, not just the woman, but also all

poetry, all aesthetics, all love and everything that belongs to the heart comes from the moon.

Everything intuitive feeds on the moon. It's good to remember that. In every being, man or woman, both energies coexist, namely the sun and the moon. Emphasis should be placed on the moon. The human being has too big a tilt towards the sun, and that's destroying it. just to keep the balance, it must lean in the opposite direction and slowly it must be exactly in the middle, having the moon on one side and the sun on the other, but equidistant. I declare man and woman as equal, not because of any political decision. But for existential reasons. they have to be equal, otherwise life will be destroyed.

Therefore, the man has to find the woman inside him. It needs to feed it, nurture it and help her grow. Don't be ashamed and don't think, "I'm a man." no one is just one man, just as no one is just a woman, both are both. That's how it's supposed to be: half of an individual's existence comes from the contribution of the father and half of the mother. He is the result of the union of these two energies. It cannot be just a man or just a woman.

It is necessary to absorb the woman, in addition to improving and helping her. Man has to become more gentle, receptive, passive and loving. Meditation comes easy when you are passive. It's not a active approach to life. It's just a wait for the opening. Meditation comes, cannot be brought, it cannot be conquered. You have to surrender to it. This is the meaning of energy female...

“In a therapy group I was part of recently, I found a lot of violence in me same, and fear of women. My feeling is that my fear of women is related.

to my birth, which I relived in the group and which was very painful for me.”

They are all interdependent and connected. Fear of women is basically the fear of mom. And everyone has to come to a reconciliation with the mother. unless reconciled with the mother, the individual will never harmonize with any woman, since every woman always reminds him of his mother. Sometimes it may not be consciously, but unconsciously will hit you.

And every birth is painful now. Civilization completely destroyed birth Natural. No child is born naturally anymore. The mother is so tense that she

doesn't help the birth process. In fact, it starts by obstructing it. Does not allow the child to leave.

Begins to close the belly.

This is in tune with the totally tense life we live these days. The idea modern, the basic idea on which all anxiety is founded is that the individual has to struggle with life and nature. So far there is nothing special. Every child suffered in childbirth, some more, some less. So the only way is to relive it, to make it completely conscious again. Once it is possible to consciously experience childbirth, the individual will have able to understand and forgive his mother, because this poor woman was suffering. It is not that she did something to her son, she herself was a victim. No one is to blame, a since the situation as a whole is flawed. She was overwhelmed with memories of the

birth and played that role again with the child. That was the only way she knew to bring his son to life. Therefore, when the individual becomes alert, aware and pay attention, you will be able to forgive. Not only that, you'll be able to feel compassion for her. when comes compassion for the mother is because the reconciliation took place. Afterwards, then, the individual will no longer carry no resentment, and even the fact of letting go of that resentment of will suddenly help you in relation to other women. And you won't be afraid, it will be loving.

The woman is one of the most beautiful phenomena in the world and cannot be compared to any another thing. Woman is God's masterpiece. So, those who are afraid of women will have fear of God, will be afraid of love, afraid of prayer. You will be afraid of everything that is beautiful, because the woman personifies beauty and grace. And after that happens, that is, after the man starts to flow towards the feminine energy around you, then your violence will disappear. THE

violence is nothing but the energy that has to turn into love and it's not getting turning into love. Violence is nothing but unlived love. the violent person is the one who has too much love energy and doesn't know how to release it.

Love is creative, while violence is destructive, and creative energy becomes destructive if not used. The group made the individual aware of some very beautiful things and significant.

Many people who come to me tell me that they are afraid of women, very afraid. AND

because of this fear, they can't have a meaningful relationship, they can't relate, fear is always present. When you are afraid, the relationship tends to be contaminated by fear. The fearful individual will not be able to fully relate.

Will relate without enthusiasm and always with fear: the fear of being rejected, the fear of a woman say no.

And there are other fears. If a man continually repeats “I'm not afraid of women and every day I get better”, in addition to trying other methods, it can temporarily suppress the fear, but this one will be present and will come back again. The man who is afraid of women indicates that he must be had any experience with the mother that caused fear, since the mother is the first women. Throughout his life a man can be related to women, like his wife, the lover, daughter, friend, but the image of the mother will persist. This is your first experience.

Your entire relationship structure with women will be based on this foundation, and this foundation is your relationship with the mother. So if a man is afraid of women, he has to be led back, step back in memory, and find the source primordial, where fear began. It could be a common, very small incident that he may have completely forgotten. However, if he returns, he will find the wound in some place. You wanted to be loved by the mother, just like every child, but the mother was not interested.

She was a busy woman, had to participate in various associations, clubs, this and that. No I was willing to give you my breast, because I wanted to have a more proportionate body.

I wanted your breasts to be intact and not destroyed by you. I wish your breasts were always young and then denied her breast. Or there may have been other issues in her mind, like, for example, not accepting her own baby. For starters, you came into the world as a burden she never wanted. The pill didn't work and the baby was born. Or else she hated her husband and the child was born with the face of her husband, which resulted in a deep hatred, or something or other. But you have to go back and become a child again.

It is important to remember that no stage of life is ever lost. The adult still keeps the child inside you. And it is not that this child becomes young. No. The child remains in the interior, the youth is imposed on the child and the adult is superimposed on the youth, layer by layer. The child never changes into the youth. The child remains there, a layer represented by the young man comes over her. The youth never becomes the adult. Another layer, the of old age, comes over the young. Man becomes a kind of onion, because he has many layers, and if you try to penetrate them, all the layers are still there, intact.

Primal therapy helps people go back and become children again. They kick, cry, shed tears, scream, and the scream is no longer present. the scream no it belongs to the man in the present moment, and yes to the child who is hidden behind. When comes the cry, the primal cry, many things are immediately transformed. This is a part of the method of prati-prasav. Patanjali nearly 5,000 years ago taught a system in which every effect had to be taken to the cause. Only the cause can be resolved. It is possible to cut the roots so that the tree then dies. However, you cannot cut the branches and wait for the tree to die. The fruit will grow even more.

Prati-prasav is a beautiful word, and prasav means birth. When a child is born, this is prasav. Prati-prasav means that the individual is born again in memory, back from new to the birth itself, to the trauma of when it was born, and relive that moment.

Remembering that the individual does not remember this, but revives it, he lives it again. remember is different. In the process of remembering, the individual may sit silently, but the man who is in the present: it is possible to remember when he was a child and that his mother beat him with strength.

That wound is there, but it's a memory. Remember an incident as if he happen to someone else. Reviving is prati-prasav. revive means the individual back to being a child again. Not that the individual remembers when he was a child, he becomes child again, live in the moment again. The mother is hitting him again, not his memory, but in the present moment, just like the wound, the anger, the antagonism, the attitude of shrinking back, rejection and your reaction, as if everything was happening again. This is prati-prasav.

And this method is not only applied as Primal Therapy, but also as a methodology for all those who are in search of an abundant life, of the truth.

the beggar

“Why am I such a beggar for attention? What can I do about it?”

Asking for attention is one of the human weaknesses, one of the deeply rooted frailties.

The reason to ask for attention is not to know yourself. There is the one who can only see the own face in the eyes of others and can only find his personality in the opinion of others. O

what others say matters immensely. If they come to neglect him and ignore him, he will feel lost. If, when you pass a group of people, no one pays attention to you, you will start to lose what joined, your personality. It's something he's put together himself. And although the individual does not have discovered, this personality is unnatural. It's quite artificial and very arbitrary. Nearly all people are beggars for attention. And the situation cannot change until the individual discovers your authentic self which, in turn, does not depend on anyone's opinion, criticism and indifference, and that it has nothing to do with anyone. As only very few people have the ability to discover your reality, the whole world is full of beggars. Basically, all the people are trying to get attention, because attention is food for personality. Same for the person to be condemned, criticized, or against him, this is acceptable, because by the less are paying attention to it. If they're friendly and respectful, of course it's much better.

However, the individual cannot survive as a personality without some kind of attention.

It can be negative, it can be positive, it doesn't matter. People have to say something about you, be it respectful or disrespectful, it doesn't matter, they will fulfill the same purpose.

Think about the word respect. It doesn't mean honor, as it is said in all dictionaries, without exception. The word respect comes from the Latin respicere which simply means “to look back” (re

= again and spicere = look). When the individual is passing on the road and someone looks back, again, it's because the individual drew that person's attention and, consequently, the individual is somebody. The fact that the term respect gives the idea that one is someone special can lead someone to do anything stupid just to get attention.

At all ages, people try, in a thousand and one ways, to attract attention. and are not At all ages, people try, in a thousand and one ways, to attract attention. and are not necessarily rational forms. For example, look at punks from the West. what they really intend when they cut their hair in that weird, weird way and then dye it with different psychedelic colors? What they want? They are beggars. You shouldn't be angry with them, because that's what they want. Your parents shouldn't criticize you, because that's what they want.

They cannot survive without people paying attention to them.

In the past, people have done all kinds of things you can't believe. People they remained naked... What was the need for Mahavira or Diogenes to be naked? not anymore natural for man to be naked in all seasons of the year. He lost this ability a long time ago.

time. All animals are naked, but they have a natural immunity. When it's winter, you hairs grow, when the hot summer comes in, their hairs fall out. Nature has given them a protection.

The same protection was available to man as well, but since man is intelligent, might improve nature. Man has found ways to cover the body according to seasons. Your body has lost its natural hair growth. Now, to get naked...suddenly, the body did not have the capacity to create the protection mechanism.

Although I consider Mahavira or Diogenes to be unique individuals, I think they were a little uncertain about their uniqueness. They fulfilled this suspicion, this missing gap, getting naked because you can't help but pay attention to a naked person in a world where everyone are wearing clothes. The naked person is distant. It can't be helped... it's almost irresistible to look at her, and ask, "What's the matter?" But your nudity has become

something spiritual, people began to have respect exactly because they were naked. Now nudity is not a quality and, any qualification or any creativity, after all, all animals, all birds, all the trees are bare.

There are still Jaina monks in India, no more than twenty. used to exist to thousands, but now finding those very stupid people is a little difficult. like every monk jaina who dies there is no other to replace, their number continues to fall. Only twenty people across India still remain naked, and I've seen many of them. These people do not show any signs of intelligence, show no quality of silence, show no joy. Your

faces are sad, bored, sleepy. They are suffering, torturing themselves, for the simple reason this captures people's attention.

Anything is possible for man, no matter how stupid, if he can bring attention to he. In Russia, before the revolution, there was a Christian sect that used to cut off the genitals.

in public, on a given day each year, and had thousands of followers. The only The qualification for being spiritual was for people to cut off their genitals. When the One day, the followers would gather in a churchyard, cut off their genitals and stack them. AND

thousands of people came to see this stupidity. Women were not far behind... of course had a certain difficulty because they don't have their genitals hanging out to cut, a since the woman's genitals are inward. Then they started cutting the breasts, because they didn't

they were prepared to be left behind. Although the event was somewhat confused and bloody, people touched the feet of the mutilated followers and worshiped them, and all the what the followers did was simply an ugly act against nature and against themselves.

How important is it for a man to fast? Mahatma Gandhi used this strategy for a lifetime: nothing more than getting the attention of the entire nation. And if I were to fast until death, would get the attention of the whole world immediately. otherwise there is no spirituality in fasting: millions die of hunger. Millions will starve. no one will pay them tribute or show them

respect. Because? Because their hunger is inevitable. are not starving because they volunteered, but because they don't have food, because they are poor passing hunger.

But Mahatma Gandhi had everything at his disposal, even though he lived like a poor man.

One of his close followers, a very intelligent woman, Sarojini Naidu, has a recorded statement stating that to maintain Mahatma Gandhi's poverty, they had to spend treasures on it. It wasn't simple poverty, it was a managed show. Gandhi not I drank buffalo milk because it was rich in vitamin A and other vitamins. I didn't drink the milk from cow because this one was also rich, and poor people couldn't afford it. could only take goat's milk, because this is the cheapest animal and poor people can buy it. But the what is surprising is that his goat was washed twice a day with Lux soap! The food

of the goat consisted of the richest nutritional capacity any rich man could have.

envy. It's a rather insane world! The goat was given the cow's milk to drink. chestnuts of cashews, apples and other nutritious fruits were the only food for the goat, that is, it was not living of the grass. His daily food cost 10 rupees a day, and those 10 rupees a day back then, they were enough for a man to live for an entire month.

In addition, Gandhi traveled third class. It's natural that he was attracting attention. One important man traveling third class! But no one saw that the third compartment class, which could carry at least sixty people, was carrying only a single man, which turned out to be much more expensive than the air-conditioned compartment. But drew attention.

He started to wear clothes like the farmers in India, who were 80% of the people who live in the country. The fact that he wears farmer's clothes, with his upper body bare and just the bottom wrapped with a small piece of fabric, made poor people give country came to have enormous respect for him and started calling him the Mahatma, the great soul. I have, however, carefully examined your life, as deeply as possible, and not I found no great soul, not even a little soul. I found only pure politics in the name of religion.

As he knew perfectly well that in India only religion is impressive, he he made devotional songs every day, morning and evening, but it was all to attract attention.

Attention provides man with food for the ego.

Politicians can pretend to be religious if religion is attractive. the need for attention Politicians can pretend to be religious if religion is attractive. the need for attention on the part of politicians makes his whole personality false. It depends on how many people are following them, it depends on the number of people who are paying attention to them. Its about a policy of numbers.

The Catholic Pope is against birth control and abortion, not because it is merciful. He says: "This is absolute cruelty and violence", not because he has a position life-affirming, after all, the whole Catholic attitude is one of denial of life, it is against life. so by why this insistence that there should be no birth control and abortion? Because this is the only way to increase the number of Catholics, and that's the only way to make other people so poor who have to come to the church of the Catholic empire. Now that there are so many orphans in India, Catholics have a good opportunity. And one wonders... a woman like Mother Teresa, who are awarded a Nobel Prize, many doctorates in India by Indian universities, awards from the Indian government, all because she is caring for orphans. However, no one he thinks that care simply means converting those orphans into Catholics. It's natural that Mother Teresa cannot be in favor of birth control. Where will she get orphans?

Christianity cannot be in favor of a world that is rich. Scientists declare continuously that technological progress has reached the point that now there is no need to no one is hungry, hungry or dying because of food shortages. never before had been possible, but now scientists say it's possible to feed 5 billion people a lot easily, and it is possible to feed even more, but these voices are muted. no politician is any good any attention as they are also interested in having many followers.

So-called religious leaders, so-called political leaders, everyone needs attention, everyone needs their names and photos continually published in the

newspapers, because if the newspapers forget someone's name for a few months, people forget that one too men. Now what is known about Richard Nixon? Where is this poor guy? one day he he was the greatest, the most powerful man on the face of the Earth, and now he will only be heard from the day when

to die and, even so, it will be on the third, fourth page of the newspapers, in a short column. O

happens to these powerful people? When you lose people's attention, your personality starts to fade. I met many political leaders in the US. maybe in this country has more former ministers, former secretaries of state, former governors than any other parents. After they become “ex”, they are finished. Nobody pays attention to them, nobody asks to inaugurate bridges, railways, hospitals, schools. No newspaper even bothers to know where they are, whether they are alive or dead. And there was a time when they were in the papers every days, on the radio, on television. It's not just the problem of some begging for attention, it is a human reality. And the reason is that people depend on the false personality created by the society, and that can be discarded by the same society. You shouldn't depend on it, don't you?

something you can control. What is in your power is your own individuality. It is necessary to discover-there! And the science name for discovering it is meditation.

After getting to know oneself, the individual does not care about others. even if the world forget about it, it doesn't matter, it doesn't even make the slightest difference to it. or the world The whole person may even know, and that doesn't give him any ego either. It is known that the ego is false, and to depend on what is false is to make houses in the sand, without foundation. Your personality is practically a signature on the water. The individual hasn't even signed and she disappears.

A group of Jewish mothers were having coffee together and bragging about their children. One of them had a 4-year-old who already knew how to read. Another had a 5-year-old who had already appeared on television.

Then Becky Goldberg spoke up and commented:

- That's nothing. You must see my little Hymie. He is only 5 years old, but the other day he was to the psychiatrist alone!

A middle-aged woman confessed to the priest that she was becoming vain.

- Why do you think that? asked the priest.

– Because – replied the woman – every time I look in the mirror, I feel inspired by the my beauty.

'Don't worry,' said the priest, 'this isn't a sin, it's just a mistake!

It was a great meeting of the medical society in honor of an ear specialist who was retiring after more than fifty years of service. As a gift, they gave him a golden ear. He got up to make a speech and, after the applause had died down, looked to the present and said: "Thank God I wasn't a gynecologist!"

Don't depend on others! Be independent in your being. Just listen to your inner voice. IT'S

it is possible to hear it the moment you begin to calm and silence the mind. Is not difficult. AND

when I say it's not difficult, I say with absolute authority: “It's not difficult! If it happened to me, can happen to you, there is no difference.” Every human being is potentially capable of knowing To yourself. And the moment you know yourself, no one can take away your individuality.

Even if they kill you, they can only kill the body, not the individual. the individual is the only one person who can get rid of this state of begging. Otherwise it will continue to be a beggar all his life. Whoever wants to get rid of this beggar condition will have to get rid of of ego and personality. You will have to learn that there is nothing in terms of respect, there is nothing in terms of reputation, nothing in terms of respectability. are all words false, meaningless and without content. Reality belongs to man, but if he doesn't discover it, he will have to depend on others.

Man is emperor, but he must figure this out for himself. And this discovery is not difficult: your kingdom is within him. Just learn to close your eyes and look inside. Also, it is I need a little discipline, a little learning to avoid focusing on the world exterior continuously and turning inward at least once or twice a day, always

to find time. Gradually you begin to become aware of being eternal. Then the idea of attention simply disappears. And the miracle is this: the day you don't need the attention from anyone, people will begin to feel your charism, because the charism is the radiance of your individuality. People start to feel that you are someone special, unique, even though you are not they can identify where their uniqueness is, that is, what attracts them like a magnet.

People who discover themselves find thousands of people attracted to them, although they don't ask for it.

The boyfriend

"My girlfriend told me that I'm a little boring, not very interesting, very dependent, besides victim. I watched this destructive energy in myself and felt that somehow I liked it! It is possible to use this energy in some creative way?"

This girlfriend is very generous, because every man ends up becoming very boring, and not just a little boring. Realize that what is called love is a repetition, the same routine stupid always? And that, in this completely stupid game, the man is the loser? it dissipates his energy, sweats, snorts, and the girlfriend keeps her eyes closed, with the following thought:

"It's just a matter of two or three minutes and this nightmare will be over." The people have an inventive capacity so precarious that they think that taking the same actions over and over again it means to make them more interesting. That's why this guy's girlfriend is very generous to tell her boyfriend he's a bit boring. And then I tell him, "You're totally boring."

When Christian missionaries came to this country, people found that they they only knew one position to make love, the one where the woman is at the bottom and those ugly beasts over the delicate woman. In India this posture is called the posture missionary. India is an ancient land and the cradle of many sciences, particularly sexology.

An extremely important book by Vatsyayana has been around for 5,000 years. The name of the book is Kamasutras, tips for making love. Its author is a man of deep meditation. created 84

positions for making love. There is no doubt that the position when making love must be changed, from the otherwise, the individual is bound to be boring. Vatsyayana recognizes that the same position of love it generates boredom, a feeling of great stupidity, because the same thing is always done. Invented 84

positions to make the love life of couples a little interesting. Nobody he never wrote a book of the caliber of the Kamasutras. But it could only have

come from a man of very clear, and with deep meditative ability. How is your love life? Any one who looks at his love life will find it completely boring. AND

particularly for the woman, it is even more annoying, as the man completes the act in two or three

minutes, while the woman hasn't even started yet. And all over the world cultures reinforce the women's minds that they shouldn't even enjoy or mobilize or have fun, and that it's “dirty”, since prostitutes do it, but not good women. good women they have to lie down almost dead and let the guy do whatever he wants to do. But that's not nothing new, there's nothing new even to see.

Don't take this as a personal disrespect. Your girlfriend is telling you something really sincere and honest. Has it been giving you the pleasure of orgasm? Or have you just been using it to expel your sexual energy? Didn't you reduce it to a commodity? she was conditioned to

accepting this situation, however, not even this acceptance can satisfy her.

The man makes love in the same bed where he fights every day. In fact, it's the preface: the couple throw pillows, yell at each other, argue about everything, and then, feeling tired, some negotiation needed. Love is just a negotiation. If the man is an individual of In aesthetic sensibility, your place of love must be a sacred place, because it is there that life is born.

It must have beautiful flowers, incense, fragrance, and the couple must enter it with deep respect.

Besides, love shouldn't be an abrupt thing, like grabbing a woman. this business of hitting and running is not love. Love must have a foreplay with beautiful music, and the couple dancing together, meditating together. Just as love shouldn't be a thing of the mind, of having to continually think about how to do the positions and then go to sleep. love must be a deeper involvement of the whole being, but it shouldn't be projected by the mind, it should, yes, come spontaneously. With beautiful music and fragrance, dancing hand in hand, it's possible that the two will go back to being children playing among

flowers. if love happens spontaneously in this sacred atmosphere, it will come with a different quality. must understand that a woman's ability to have multiple orgasms stems from the fact that she does not lose any energy. The man is able to have only one orgasm and loses energy, giving the impression of being depressed. Even the next morning you can notice your hangover, and As you get older, it becomes more and more difficult. This difference has to be understood. The woman is on the receptive end, and that's because, to become a mother, she needs of more energy. However, your orgasm happens in an entirely different way. THE

male sexuality is local, like local anesthesia. The woman's body is sexual in its entirety, and the unless the whole body starts to shiver with pleasure, and every cell becomes involved, it cannot there is an orgasmic explosion. So this is not just an isolated case, this is the case of nearly 99% of women worldwide. The situation as a whole needs to be changed. The woman it must not be under the man. First of all, it's ugly, since man has a body stronger and the woman is more fragile. The woman must be on top of the man, not the man in above the woman.

Second, the man must remain silent, inactive, so that his orgasm does not complete in two minutes. By staying silent and letting the woman go wild over

your chest, will give her good exercise and lead her to a burst of orgasmic energy. He takes a certain time for the woman's whole body to warm up, and if the man doesn't keep up inactive, it will not give the woman time to climax. Although the relationship happens, it is not a an event imbued with beauty and love, but only with necessity.

Try doing what I recommend. Experiment with your girlfriend. be the partner inactive and let the girlfriend be the active partner. Allow it to be uninhibited. the woman doesn't you have to behave like a lady, you have to behave like a real woman. THE

lady is just a creation of man, while woman is a creation of existence. The man need to bridge the gap between a woman's orgasms. And this gap can only be filled by one way: the man remaining inactive, silent and enjoying

watching her go crazy. Thereby she's going to have multiple orgasms. The man must end the game with his own orgasm, instead of start with it.

With this, the woman will not tell the man that he is a bit boring. the man will be a really interesting and wonderful guy who is behaving like a lady! must keep eyes closed so she doesn't feel inhibited. Then she can do anything: move hands, move body, grunt, moan, sigh, scream. Until she says:

"Hari Om Tat Sat!", the man is not allowed to be alive, he must simply remain in silence. That must be the clue. "Hari Om Tat Sat" simply means: this explosion of orgasm, she is the truth. Then she'll go crazy after you. Right now is able to the reader is behaving stupidly, like most men all over the world.

The second thing in the “boyfriend” question: “My girlfriend says I'm not very interesting." So make yourself a little more interesting! Becoming interesting is not very difficult. Juices from all kinds of fruit are available everywhere. drink more juice, and eat less solid food. Well, the girlfriend is giving good advice, and the boyfriend in his stupidity he is thinking that she is condemning him. When she says, “You are very dependent, in addition to being a victim”, I am able to perceive, even from the question asked by him, that She is right. The boyfriend really is a victim, as is every human being, a victim of stupid ideologies that created strange feelings of guilt and that do not allow being human have fun. Even though you make love, you know you're committing a sin and hell doesn't is too far away.

Becky Goldberg commented to Goldberg:

– You are a great lover!

Goldberg said:

– But you never told me that before. I was waiting for someone to tell me I'm a great lover, but I gave up on the idea because it looks like I'm not.

Becky Goldberg justified:

- No, you are a great lover, and I wanted to tell you that many times, but you were not there!

Making love to Becky... and Goldberg isn't there. He is counting his money, making Making love to Becky... and Goldberg isn't there. He is counting his money, making your accounts and your mind is doing a thousand things. In each bed where there are two lovers there are at least – I mean at least – four people. If they are more inventive people, they can have a whole crowd in bed. The woman has sex with Goldberg and thinks about Muhammad Ali, while Goldberg makes love as a duty and thinks of many beautiful actresses. Therefore, neither the neither his mind nor hers are present. Their minds are in their dreams.

A man told a friend:

– Last night I had an amazing dream. I have to tell you. I couldn't wait to morning come to tell you the dream.

– What kind of dream? – asked the friend.

– I had gone fishing, in my dream, and had caught fish so big that it even stopped pulling a single fish was strenuous work for me. And I caught so many fish! I do not know how they disappear during the day - said the man.

The friend said:

– Stop this nonsense, you do not know what I dreamed. I found it in my dream, from one of the my sides, Sophia Loren, absolutely naked. And said, "My God, did I get to heaven?" AND, on the other side was another beautiful woman. It was impossible to judge who was prettier.

The man was very angry and said:

- You fool! You pretend to be my best friend. Why did not you call me?

“I called, but your wife said you went fishing,” his friend replied.

Nobody is where they are supposed to be. Nobody is home. the man, while he is making love should make it a meditative process. You have to be fully

present, surrendering to the woman he loves. The woman needs to be present, offering all her beauty and

thanks to the lover. So the man will not be a victim. Otherwise it will be. these idiocies complete people who call religion do not accept that love is a natural and pleasurable. On the contrary, they condemn love. They even made a condition of it: unless the man leave his woman, will never reach the truth. And conditioning has been going on for so long that it has practically become a truth, although it is an absolute lie. O

man is a victim of traditions and, of course, dependent on them.

The initial question also says: "I observed this destructive energy in me and felt that, from somehow, I liked that." Everyone has destructive energy, because when given to themselves itself, energy is bound to be destructive unless it is used consciously and becomes creative.

However, the most important thing that was said is that, "I somehow liked it".

So how is it possible to change this? The individual is required to remain at the same level.

of anything you like, that is, there can be no change, since you may not like it of changing what is appreciated. He has energy. Appreciating destructive energy is suicidal, and to appreciate destructive energy as a destroyer is to be in the service of death. Being aware of this, it is

I need you to undergo a transformation. Just use creative energy. Maybe that makes the man (from the question) be less boring, more interesting, less dependent, less victimized.

And most importantly, he won't feel guilty and depressed. no individual creative feels depressed and guilty. Your participation in the universe through creative actions o makes you completely satisfied, in addition to bringing you dignity. It is the natural right of all man, but few people claim it.

And there is no difficulty. It is very easy to use energy in creative fields. paint, practice gardening, growing flowers, writing poetry, learning music,

dancing. learn anything that transform destructive energy into creative energy. And consequently, instead of staying with anger at existence, you will be grateful to it. You won't be against life. How can a creative person stay against life, against love? It's impossible, it never happened. only people without creativity is against everything. The girlfriend raised very important questions for life of man rated on this item. The easiest way would be to transform the girlfriend, but I I believe she is a friend and that everything she said is absolutely sincere and authentic. O

man should be grateful to her and start making changes. The day the girlfriend accepts you as a fun and interesting guy, it's going to be a big day in your life. So it shouldn't be coward and change girlfriend just because the current one creates problems in your mind and you want to find a different one. This man is lucky to have found a very generous girl. your next This option will be very difficult, as your girlfriend will make you feel absolutely guilty and negligible. Why, what did you do to be worthy? What did you do to not be boring? what did you do to declare your independence? What did you do to not be a victim? It's time to put in practice. Will be grateful to girlfriend forever. I would like to tell the man's girlfriend in question: “Keep hitting this guy until you're satisfied he's not boring, but well fun, totally interesting, playful and partying. may lose it somewhere along the way of life, but will have him prepared for some other woman, otherwise the way he if finds at the moment will torture many women, in addition to torturing himself.”

The husband

“I am a married man, with three children, and with all the problems of a married man's life. Mine wife is constantly on my neck. We are only together because of the children, otherwise each moment would be a nightmare. Is there any possibility for me to escape the fires of hell?”

I'll tell you a story: a man was summoned to court in Arkansas, USA, under the accusation of obtaining money under false pretenses. The judge looked at him thoughtfully and said,

– Is your name Jim Moore?

- Yes sir.

– Are you being accused of a crime that is subject to a long period in prison?

- Yes sir.

– Are you guilty of this crime?

The man squared his shoulders stubbornly:

– I am.

– Do you ask me for mercy?

- No sir.

The judge smiled grimly:

– Have you had a big problem in the last two years?

- I had.

- Have you often wished you were dead?

– I wished, please, Your Honor.

- You wanted to steal enough money to take you away from Arkansas?

– Exactly, judge.

– If a man had approached and shot you when you entered the store, you would have said: “Thank you, sir”?

– Of course, yes, it would. But, Judge, how the hell did you find out so much about me?

“Some time ago,” the judge said solemnly, “I divorced my wife. Just after
“Some time ago,” the judge said solemnly, “I divorced my wife. Just after
you married her. The result is conclusive. I don't need you. Here, take this note of 50

dollars. You've suffered enough.

No need to worry about hell. He suffers enough, he's already in it. can just go to the sky, for nothing is left. The celibate may go to hell, but not the suffering husband.

This one has already suffered enough. It may be that celibates need to get a taste of suffering, which is not the case with the husband.

In fact, there is neither hell nor heaven anywhere else. Hell is here, heaven is here. Hell and heaven is man's way of being, they are his way of life. One can live in such a way that whole life be a blessing. But you can't just want to throw the responsibility on your wife. In First, it is the husband who chooses the wife. Why then choose a wife who stays constantly in your throat? And he thinks that if he's divorced, he won't choose another woman of the same type? When asking psychologists, they will say that this man will choose again the same kind of woman. He needed this, it was his own choice. can't live painlessly. Do you think your wife is creating suffering? It's because he wanted to live in the Suffering. That's why he chose this woman. And will choose again. he will feel attracted only to the same type of woman, unless he eliminates his old mind completely.

With the exception of the mind, there is no other way to change or transform. this man can to think that when he divorces his wife, things will be fine. He's wrong, he's totally wrong.

He doesn't know anything about human psychology. You will get stuck again. go look for a woman again, but you're going to miss this woman so much. She will miss the man and he will miss miss her. He will meet again the same type of person, he will be attracted only by this type of people. This man has to pay attention to his own mind. And then it's not just the fault wife. Possibly the husband is doing something for her too. After all, here there is only the his statement. Her point of view is not known. It will be unfair to the poor woman if she is accepted solely and exclusively this man's statement about his wife. He might be 50% right. But the what about the other 50%? He must be putting fuel to the fire. What if married life it was so bad, why did you have three kids? Who is responsible for this? Why did you bring three souls to the bad world of his family, for the nightmare he's been living? Because?

Can not have no love for children? People continue to reproduce without even thinking about it. If the This man's life is like hell, at least he could have kept his children from falling into trap of your unhappiness. I could have saved them! Now the three children are being raised by this man and his wife. They will learn ways and means of this man and will perpetuate this man in the world. When he's gone, he'll still be here in the world, creating hell. The children will perpetuate, they are going to maintain the continuity of their stupid way of life, unhappy way of life.

Now the son is going to find a woman just like his wife, and it couldn't be different, as he will have known only this woman. You will love your mother, and whenever you fall in love with a woman will simply mean that she reminds him of his own mother. So the same

game will be played again. Perhaps the man in the declaration chose the wife of according to his own mother, and his father and mother were playing the same game he is playing at the moment, and their children perpetuate the same structure and the same gestalt approach.

That's how the suffering persists. At least this man could have saved the lives of his three children, in addition to having saved the future of humanity, because the ripple effect it created will perpetuate.

Even when he's gone, the effect will be there. Whatever the individual does, it remains.

Any ripple created in the ocean of life by man remains, even if it disappears.

It's like throwing a rock into a silent lake: the rock sinks to the bottom of the lake, disappears, goes to the bottom and remains at rest, but the ripples that have been created continue if spreading towards the shores of the beach. As the ocean of life knows no beaches, the waves they go on and on and on, and forever. At least this husband could have been a little more careful not to generate children. Anyway, it's never too late. Husband's life can still be changed, but you can't expect your wife to change. This is a wrong approach.

The husband in question here must change. Change radically. Stop doing things that always did. Start doing things you've never done. Change

radically, become a new person, and you will be surprised. When she becomes a new person, the wife will become a new person.

She will have to become, to react to her husband. At first she will find it difficult, because it will be like if you lived with another husband, but slowly you will see that if the husband has the capacity to change, why wouldn't she have? You should never expect your spouse to change. In every relationship, the change starts on one side. Life can still become a paradise, it's never too late.

But it takes great courage to change. All it really takes is a little more than consciousness. It is necessary to deautomatize the behavior, and for this, the husband simply observes what has done so far. He does the same thing and the wife reacts the same way. Has became an established pattern.

Look at any husband and wife and notice how almost totally predictable they are. In morning, the husband will spread the newspaper and start reading, and the wife will say the same thing she says years ago, and the husband will react the same way. It became almost completely structured, programmed.

Just a few changes, and the husband will be surprised. The next day, should not sit in your chair early in the morning and start reading the newspaper. You should just start cleaning the home and see what happens. The wife will have her eyes wide open, and she won't be able to believe what happened to you. You must smile when you see your wife, hug her and wait to see her taken by surprise. He never hugged her. Years passed, and he never looked at the poor woman's eyes.

Tonight, you should just sit across from her and look at her, eye to eye. In the beginning, she will think her husband has gone crazy, has become a crazy Osho or something, but he shouldn't be worry. You should hold her hand and feel ecstatic. If you can't, you should at least pretend.

Be overjoyed. Sometimes it happens that, when you start pretending, the pretend starts happening!

Just start smiling, for no reason at all, and watch. The poor wife will end up having a fit cardiac!

Does the husband remember when he took his wife's hand? Did you ever take her to a morning walk? Or at full moon, have you ever taken her for a walk in the middle of the night, under the stars? The wife is human too, and she needs love too. However, particularly the people in India continue to use women as if they were just servants. the work of women is taking care of the children, the kitchen and the house, as if that were their life in its entirety. Has he respected his wife as a human being? Then it is natural that the anger arises. If she feels frustrated, because life is running without her having known no joy, without having known any satisfaction, without having known anything that she could give meaning and importance to her life... Did this man sit beside her sometimes, in silence, just holding your hand, not saying a word, just feeling it and

letting her feel it? Wife and husband have only one type of communication: fights. O

The husband in question must not think that only the wife is responsible. It can even be, but this is not the case, as she did not ask the question described in this item. it was the husband who asked the question. He is the one who must start changing his own life. Should be concerned about giving the poor woman a little sense of importance, give the little woman a little feeling of what is needed. Do you know that the greatest need in life is to be needed? And unless one person feels that he is needed, his life remains meaningless, like the desert.

You must laugh together, listen to music together, go on vacation. He must caress her body because the bodies start to shrink when no one caress them. Bodies start to look ugly when nobody looks at them and appreciates them. And then the man will think, “Why isn't my wife pretty?" The husband is not creating the mood in which the beautiful flowers bloom. when you love a

person, that person immediately becomes beautiful! Love is a somewhat alchemical process.

Look at a person with loving eyes and suddenly you will see the change in their aura, the face change.

making radiant, more blood brightening the face, the eyes brighter, radiant, intelligent, and all this as a miracle.

Love is a miracle, love is magic. It's not too late.

"What are the essential aspects of keeping a wife happy?"

I don't know much about wives. I'm a single man. This question was asked to the wrong person. But I watch many wives and husbands. So this is not my experience,

just my opinion!

There are two things necessary to keep a wife happy. First: let her think she has your own way. And second: let her have her own way.

Eunice arrived home in a new fur coat.

– Where did you get this? asked her husband, Bernie.

“I won in a raffle,” she replied.

The next night, Eunice walked into the house with a beautiful diamond bracelet.

- Where did that come from? asked Bernie.

“I won in a raffle,” replied Eunice.

– I'm going to another draw tonight and I'm in a hurry. Would you mind preparing the my bath?

Bernie prepared as instructed, but when Eunice came in to shower found that there was only a little more than an inch of water in the bathtub.

“Bernie,” she asked, “why didn't you fill the tub?

'Well, dear,' he replied, 'I didn't want you to get your draw ticket wet!

The father

The father's institution is something invented by man. It's not something natural, it's something that has been instituted.

Someday it might disappear… once there was a time when it wasn't there. During thousands of years humanity has lived without the institution of paternity.

You may be surprised to learn that the word uncle is older than the word father. AND

this happened because matriarchy preceded patriarchy. The mother was there and the father was not known, because the mother met, mixed, merged with many people. someone had he wanted to be the father, but there was no way to find out. In this way, all were uncles, all potential parents were uncles. The institution of paternity came into being with the invention of Private propriety. There are two institutions that are linked. The father represents the property private, because when it came, everyone wanted to have their own child so they could inherit it.

"I won't be here, but a part of me must inherit my property." private property came first and then the father.

And to be absolutely sure that "The child is mine", the idea came to predominate, in almost all societies in the world, that the woman had to be absolutely virgin before the wedding. Otherwise, it was difficult to decide who owned the child. the woman could already be carrying a child before marriage, could already be pregnant and then the child could be a someone else and would inherit the property. So that you could be sure that “It's my son

who will inherit my property" virginity was imposed on women.

It was the idea of private property that created the father figure, that created the family, that created the possession of women by men. If there was a time when there was no father or private property, the day will come when there will be no private property, and the father figure will disappear.

Hindus say that if a woman does not become a mother, she will not have fulfilled her mission. The same not for men. Nobody can say that if a man does not become a father, he will not have accomplished its mission. Being a parent is accidental. It could be, it could not be. It's not a necessity basic, and a man can go without being a father without losing anything. But the woman will miss something, because all of your creativity and all of your functionality come only when you become a mother.

When her breasts become the center of her being, a woman becomes complete. And you can't have the breasts as the center if a child is not there to claim them. So men get married with women to get wives, and women marry men to become

mothers, not to get husbands. Women's only basic interest is having a child to do.

bring out your femininity. That's why, in fact, husbands are always afraid, because in the the moment a child is born, they move to the periphery of the woman's interest, a time the child becomes the center.

Therefore, parents are always jealous, because children come between them and their wives and because they are more interested in the children than in their father. The father becomes a peripheral existence, that is, necessary for survival but not essential.

Christianity, as my Christian friends say, is based on the family: the family is the foundation stone. However, the family is also the foundation stone of every neurosis, every psychosis, all kinds of mental illnesses, all kinds of social problems. In addition to being the base of races, nations and wars.

The family has to be understood. It has no future, it has already lost its usefulness, its necessity. However, man – not just Christians, but everyone – is conditioned to accept that the family is a great contribution to the world. The reality is totally different.

Here, I have to go point by point, in detail, because the family problem is one of the most bass.

The first aspect... The family is a prison that wants to maintain control over the children and about the wife. It is a restricted group of people who make this a sacred prison. But the results are very unpleasant. Any kind of imprisonment prevents spiritual growth. O

to think about the fact that Buddha renounced the world? Why Mahavira renounced the world? In fact, they weren't renouncing the world, they were

simply renouncing to the family, and this no one had said before, for how can anyone renounce the world? Where whatever it is, the world is there. One can only renounce the family. However, all religious scriptures, including Christian scriptures, continually lie to the people: they speak of renunciation of the world. This completely removes man from the fact that all these people they were giving up the family, for the reason that the family was so restricted that they could not grow inside it.

The family programs each child according to their prejudices. one who is born in a Christian family, will be continually programmed for Christianity, and will never even suspect that your conditioning may be wrong, that your conditioning may prevent you from going any further.

Christianity and all other religions continue to confuse people's minds. Never make a distinction between believing and knowing. A blind man can believe in light, but it won't

help. It takes eyes to see the light, and then there's no need to believe. when you know something, is there any need to believe in it? Is it necessary to believe in light? It's needed

believe in the moon? And in the stars, do you have to believe? People just know, it's not a matter of belief. Belief arises only in fictions, in lies, but not for the sake of truth.

Every belief system is an obstacle to spirituality.

Death, according to Christianity, is taboo: it should not be talked about. Death is taboo, and life is taboo too: you shouldn't live it! You shouldn't talk about death, and life shouldn't be experienced! They leave people no alternative: they can neither live nor die.

They tend to keep people hanging in the middle, half dead, half alive. This creates the schizophrenia. The individual is not allowed to be full in anything: in life, in death, in the love. It is only allowed to be partially involved. A man who is partially involved is only partially alive. The deeper your involvement in existence, deeper your life. When you are fully involved in life, death, love, meditation, in any kind of thing you want to do: painting,

music, poetry, dancing… If not is completely involved in it, you will never know the ultimate ideal pleasure, happiness extreme.

People are living only the bare minimum, just for the sake of survival or for be absolutely honest, just vegetating, that is, just waiting and waiting and nothing happens in their lives. No flower blooms in their lives, no festival takes place in Your lives. And his death is as unpleasant as his life was, for death is the culmination of life.

If the individual has lived life to its fullest, death is not the end. death is just one episode, a small episode in an eternal life. Although man dies many times, the fact of never living fully makes you become unconscious at the moment of death, and the fear puts you in a coma. That's why you don't remember past lives, that is, the coma works as a barrier to past lives and memory. And since you don't know your past lives, you don't you can understand that there will be life after death, that life is eternal. birth and death they are mere episodes. The individual is born and dies several times. However, when it is not allowed may he live fully, when everywhere there is the interference of religion...

On the first day of school at school, a boy, naturally a Christian boy, was called by the teacher:

- What is your name?

“No,” he said.

- Strange, I never heard that name - commented the teacher.

– Always, whatever I do, I just hear this: “No.” So I think it's my name –

he said.

But Christianity as a whole is doing this to everyone. It's a religion of denial of life, which does not allow human beings to live with joy. And the family is its root,

because, obviously, programming starts from there. Christianity preaches that it is based the family.

And I know perfectly well that unless the family disappears from the world, these religions,

these nations, these wars are not going to disappear, since they are based on the family. The family teaches the child that he is a Hindu and that the Hindu religion is the best religion of all, and that the others are mediocre. Christianity continues children's programming: “You can be saved only through Jesus Christ. Nobody else can save you. All other religions are just moral principles, very superficial, and will not help you.” And when a child, together with her breastfeeding, is continually fed with all kinds of superstitions: God, the Holy Spirit and the only begotten Son of God, Jesus, heaven and hell. Children are very vulnerable, because they are born as a blank slate - they have nothing written about them, their minds are pure. You can write anything you like about the child. And every family commits the crime: destroys the individual and creates a slave. Obedience is a virtue, while disobedience is the original sin. When a child starts to be programmed, from his birth, when you are very vulnerable and very meek, you can write anything. This goes have continuity in her consciousness. You can tell her that “Our nation is the greatest nation in the world,” every nation is saying that. “Our religion is the greatest religion, our scripture was written by God Himself”, is what the Hindus are saying, that's what the Christians are saying, it's the what the Jews are saying. Everyone is committing the same crime.

Christianity, of course, is doing this more efficiently and more skillfully, because it is the largest religion in the world. Uses modern programming techniques. send missionaries to to learn psychoanalysis, to learn to program people and to deprogram people. if a hindu is if you convert to Christianity, you must first be deprogrammed from Hinduism. the blank slate appears again: what was written is erased. Now it can be written: “Christianity is the greatest religion in the world, and there has never been a man like Jesus Christ, and there never will be again, because he is the only begotten son of God.” All wars depend on the family.

It has been a tradition in many countries in the past for the family to contribute at least one child for the Army, to protect the nation, to protect the dignity and pride of the nation. In Tibet, each family has to contribute the eldest son to the monasteries. It's a practice done for thousands of years. As if children were just contributing commodities, as if children were money that can be donated as charity! This divided the world into different fields, because of religion, politics, nationalities, races. All depend on the family. The family is the main cause of thousands of human injuries. THE

family gives the individual ambition, desires, a desire to be successful, and all these things.

they create tensions, anxieties. How to be a celebrity? The family wants the individual to be a celebrity. The family wants him to be known around the world. The family wants him to be the richest person. The family wants him to be president of the country. All these ambitions are created

for the family, without being aware that all these ambitions are generating a mind who will always remain anguished and suffering. Only one man can become the president from the country. What about the other 900 million people in India? They are all liable to failure.

This is a disgusting situation, keeping people feeling like they're failures, unsuccessful, inferior to others. The family is the basis for all pathology.

I would love a world where the family is replaced by the commune. In terms psychologically, it is healthier to have a commune, where the children, instead of belonging to the parents biological, belong to the commune; where the children, instead of being branded only by the mother and from the father, they receive it from the many uncles and aunts in the commune. Sometimes they sleep with this family, sometimes, they sleep with that other family. I want the family to be replaced by the commune, and in the

commune there is no need for marriage.

# The friend

“My love life drama these days reflects an old saying by Humphrey Bogart: 'Women: hell with them, hell without them.' What to do?"

You have to go through this hell. You have to experience so much the hell of living with a woman as much as living without her. And it's not just a truth about women, but also an absolute truth about men. So don't be a chauvinistic pig!

It is applicable in both directions, it is a double-edged sword. Women are tired too to live with men and are also frustrated when they have to live alone. It is one of fundamental human dilemmas, and it must be understood. You can't live without a woman, because the man doesn't know how to live with himself. He's not meditative enough.

Meditation is the art of living with yourself. It's nothing more than that, simply art of being alone with joy. The meditator can sit alone happily for months and even for years old. He doesn't ardently desire another person, because his own inner ecstasy is so great, so overwhelming, that there is no need for others. If someone else comes into your life, it's not a necessity, it is a luxury. And I'm all for luxury, since luxury means it's possible enjoy it if it is there, just as it is possible to enjoy it if it is not. the need is a difficult phenomenon. For example, bread and butter are necessities, but flowers in the garden are a luxury. You can live without flowers, no one will die without them, but it's impossible to live without bread and butter.

For the man who cannot live with himself, the other is an absolute necessity, because whenever he's alone he gets bored with himself, so bored he wants someone to distract yourself. Because it is a need, it becomes a dependency, it needs to depend of the other person. And the fact of becoming an addiction makes the individual hate it, rebel, resist, since dependence is a slavery. Dependence is a type of slavery, and nobody wants to be a slave.

A man meets a woman, he who is not able to live alone. the woman too A man meets a woman, he who is not able to live alone. the woman too is not

able to live alone, which is why she joins this man, otherwise there would be no necessity. Both are bored with themselves and think the other will help them get out from boredom. Yes, at first it looks like that, but only at the beginning. When they establish themselves as a couple, soon realize that boredom has not been destroyed, on the contrary, it has not only been duplicated, but multiplied. Well, first they were bored with themselves, now they're bored with the another too, because the closer you get to the other, the more you know the other, and the more the another practically becomes part of you. That's why, when you see a bored couple walking, you can be sure they are married. If you're not bored, you can be sure that are not married. He must be walking with someone's wife, which is why he demonstrates so much joy.

When the man is in love, that is, when he has not persuaded the woman, and the woman has not yet persuaded him to be together forever, both feign great joy. And something of that it's also true, because of the hope that, “Maybe I can get out of my boredom, my anxiety, from my loneliness. This woman can help me.” And the woman also has the same hope. However, once together, hopes soon vanish, and despair sets in.

once again. Now the man is bored, and the problem has been multiplied. And now, as if get rid of this woman? Because he has not reached a meditative stage, man needs other people keep you busy. It is for this reason also that man is not able to love, because the love is an overflowing joy. If you're bored with yourself, what's in it for share with each other? And that's why being with each other also becomes hell.

In this sense, Jean-Paul Sartre is right when he says that “The other is hell”. the other is not the hell actually just seems to be. Hell exists within man, in his inability to meditate, on your inability to be alone and ecstatic. And both are unable to stay alone and ecstatic. Now they're both at each other's throats, continually trying to extract some happiness from each other. Both are doing the same thing and both are

beggars. I heard that...

A psychoanalyst met another psychoanalyst on the street. The first said to the other:

- You look great. How I am?

Nobody knows about himself, nobody is familiar with himself. all people they just see the faces of others. A woman is beautiful, a man is beautiful, smiling, all smile. Man's anxieties are unknown. Maybe all that smile is just a facade to deceive others and deceive yourself. Maybe behind that smile there is a lot of tears.

Maybe you're afraid that if you don't smile, you might start to shed tears and cry. When you see the another sees only the surface, and falls in love with the surface. But when you get close, you soon know that the other person's inner depths are as dark as yours. He is a beggar, as much as the woman. Now... two beggars begging each other. At this point it becomes a hell.

Yes, you're right: "Women: hell with them, hell without them." It's not about the fact that being a woman or being a man is just a matter of meditation and love. meditation is the source from where joy sprouts within the human being and begins to overflow. the one who has joy enough to share, has a love that in itself is a source of contentment. That one that you don't have enough joy to share, you have a love that tends to be tiring, exhausting and boring. Therefore, whenever a man is with a woman, he feels bored and wants to get free from her, and whenever he's alone he gets bored with himself and wants to get rid of his loneliness, and he leaves looking for a woman, and looking for her. This is a vicious circle! man can keep himself in motion like a pendulum, from one extreme to the other, all his life.

Visualize the real problem. The real problem has nothing to do with being man or woman. The real problem has something to do with meditation and the flowering of meditation on love, joy and ultimate happiness. First it is necessary to meditate and be happy, to then, willingly, lots of love happen. From there, being with others is beautiful, so how to be alone is also beautiful. And then it's simple too. Man does not depend on others and does not make others depend on him. So, it will always be a friendship, a relationship among friends. It never becomes a marriage, it's always a relationship. is related, but not a marriage is created. Marriage is for fear, relationship for love.

The man relates and, as long as things are very well, he shares. And it turns out that the time has come to leave, because the paths diverge at an intersection, the man says goodbye with enormous gratitude for all that she meant to him, for all the joys and all the pleasures, and all the beautiful moments they shared. No suffering, no pain, it just separates. Nobody can guarantee that two people will always be happy together, because they change. When a man meets a woman, she is a person and he is a people. After ten years, the man will be someone else, and so will she. It's like a river: the water is permanently flowing. The people who fell in love no longer exist, neither is there. However, man can continue to cling to a certain promise made by another person, but not for him. The real man is the one who understands, never makes promises to tomorrow and can just say “For now”. A really sincere man can't promise nothing. How can you promise? Who knows about tomorrow? Tomorrow can come, as well as may not come. Tomorrow may come: "I won't be the same, you won't be the same."

Tomorrow may come: “You can find someone you can get along with more deeply, and I I can find someone I can live with more harmoniously.” The world is vast. Per

to exhaust it today? Keep the doors open, keep the alternatives open. Me I am against marriage. It's the marriage that creates problems. It's the marriage that has become God awful. The worst institution in the world is marriage, as it forces people to be false: they change, but continue to pretend they are the same.

An 80 year old man was celebrating his 50th wedding anniversary with the An 80 year old man was celebrating his 50th wedding anniversary with the wife of 75. They went to the same hotel, in the same mountain station where they had spent the moon honey. How nostalgic! Now he is 80 and she is 75. They made a reservation at the same hotel and took the same room from that time. Were trying to live those wonderful days of fifty years back again.

When they were about to go to bed, the woman said:

- You forgot? Won't you kiss me the way you kissed me on our wedding night?

- Okay - replied the old man, and stood up.

- Where are you going? asked the woman.

“I'll get my teeth from the bathroom,” he said.

Everything has changed. Now, this kiss without teeth or with false teeth will not be the same kiss. But the man said, "All right." The trip must have been tiring, and for a man of 80

years... However, people continue to behave as if they were the same.

Few people actually grow up, even as they get older. Getting old is not growing up.

True maturity comes through meditation.

Learn to be silent, peaceful and quiet. Learn to stay in the state of no mind. That it has to be the beginning. Nothing can be done before and everything is easier after that. After the man realizes that he is fully happy and satisfied, even if there is a Third War World and the whole world disappear, leaving you alone, it won't affect you. You are going stay sitting under your tree doing vipassana.

The day that moment comes into your life, you can share your joy. AND

will be able to give love. Before that happens, there must be suffering, hopes and frustrations, desires and failures, dreams... so get to work. Be careful, don't waste time. the sooner tuning in to the state of no mind the better. Afterwards, many things can blossom: love, creativity, spontaneity, joy, prayer, gratitude, God.

the playboy

“I'm having a hard time: I love three women. This is hell, and it's been going on for three months. What do it now?"

That boy must be quite a man! One woman is enough. he needs protection Cool! But if you've been tolerating this for three months, you should wait a little longer. time solves everything. As women are always more perceptive than men, if he can't do it nothing about it, they will be forced to do something.

John and Mary began making love next to a train track. As the act progressed, they rolled to the tracks of the oncoming train.

The engineer, seeing the two bodies ahead, stopped the train just in time. Since delay trains is a serious offense, at the trial, the judge demanded an explanation.

“Now look, John,” said the judge. – I am a man of the world and I can understand that you and his girlfriend wanted to have some fun. But why didn't they get out of the way of train?

“Well, it is, Your Honor,” John said. – I was arriving, the train was arriving and Mary was coming, and I thought that whoever could stop would stop.

“Is this a blessing? After being alone for a long time, I fell in love with three women at the same time, which was easy at first. However, as soon as it started to enter a deeper relationship with one, I either ran to the next one or she wanted to be with someone else. And so on. So, joy and suffering are very close from each other, but I wonder: am I avoiding something?"

Doesn't this guy think three is more than enough? He thinks he's avoiding the fourth? It only takes one woman to create hell, and this guy still asks, “Is this a blessing?" It must be a curse in disguise.

What happened to Jack? I haven't seen him for centuries.

'Oh, he married the girl he saved from drowning.

– And is he happy?

- You bet! But now he hates water.

This man must be a great soul, or because he is so unconscious that not even three women manage to create no problem for him, or because he is so enlightened that "who is that mind?".

On the way home from work, on a given night, three passengers made friends

in the club car and, after the third round, began to brag about the relative merits of their respective marital relationships.

“My wife meets me on the train every night and we've been married for ten years,” proclaimed the first with pride.

“That's nothing,” sneered the second. – My wife finds me every night too, and we have been married for 17 years.

– Well, I won from you two, fellows! - said the third passenger, who, obviously, was the youngest of the group.

- How do you know that? – the first companion wanted to know.

- I suppose you have a wife who meets you every night too! - disdained the second.

“That's right,” said the third passenger, “and I'm not even married.

Three women and not even married! They will make a soccer ball out of it. And he still asks, “Is this a blessing?” with a question mark, of course. must have a A little more caution: this is dangerous terrain for people like him. there are so many women in this story that, if it goes on like this, will soon have nothing left of him. And besides, I miss a disciple needlessly. Think of me too.

Weinstein, a very wealthy businessman, had an unattractive daughter. he found a young man to marry her and, after ten years, they had two children.

Weinstein called his son-in-law into the office one day.

“Listen,” he said, “you gave me two beautiful grandchildren, you made me very happy. I will give you 45%

of business.

- Thanks Dad!

- Is there anything else I could do for you?

– Yes, buy my share!

I'm ready to buy the boy's share whatever the price. But he will have to consult the three women!

Love is important, a good learning opportunity, but only one. a school is enough, three schools is too many. And with three women, the boy won't be able to learn

a lot, as it will be in a big mess. It's better to be with one so you can be fully with her, so that you can understand her and her own desires more clearly, and so that it becomes more unclouded and less distressed, because love, in the beginning, is just a unconscious phenomenon. It's biological, it's nothing precious. Only when man acquires perception of the situation, when you become more and more reflective about it, it starts to become precious, begins to fly high.

Intimacy with a woman, or a man, is better than having many relationships superficial. Love is not a seasonal flower. It takes years to grow. And only when it grows is that goes beyond biology and begins to have something spiritual. just keep too many women, or many men, keep the individual shallow. Entertaining maybe, but in the superficiality; busy, to be sure, but that occupation will not help with inner growth.

A one-to-one relationship, a sustainable relationship for both of you to understand each other more deeply, it's quite beneficial. Because it's like this? And what is the need for understand the woman, or the man? The need is due to the fact that every man has a part feminine in her being, just as every woman has a masculine part. the only way

to understand, the easiest way to understand, the most natural way to understand is to be in an intimate and deep relationship with someone. In the case of the man, he must be in a relationship intimate and deep with a woman. Must let trust grow for all barriers dissolve. Get so close to each other that you can look deeply

inside each one. Don't be dishonest with each other. And if you have a lot of relationships, will be dishonest and lie continually. You will have to lie, you will no longer be sincere, you will have to say things you don't want to say, and everyone will suspect. It's very difficult to generate confidence in a woman when the man has some other relationship. It's easy to deceive a man, because he lives off intellect. On the other hand, it is very difficult, practically impossible, to deceive a woman, because she lives intuitively. The man will not be able to look directly into the woman's eyes, he will be afraid that she will start reading your soul; due to so many lies he hides, so much dishonesty.

Therefore, the man who has many relationships at the same time is not going to be able to delve deep into the woman's psyche. And that's the only thing that is needed: to know one's own female inner part. The relationship becomes a mirror. the woman starts looking at inside the man and begins to find the masculine part itself, while the man looks at inside the woman and begins to discover her own femininity. And the more man becomes aware of its feminine part - the other pole - more complete it can become, besides more integrated in its entirety. When the male part and the female part, both internal to the man, disappear among themselves, dissolve among themselves, that is, when they are no longer separated, when they become an integrated whole, man will have become an individual. Carl Gustav Jung calls this the individuation process. He's right, he chose the right word for

that. And the same with the woman. However, relating to many people will keep the shallow man, entertained, busy, but he will not get his growth. And

the only thing that what matters, in the final analysis, is growth, the growth of integration, individuality, the growth of a center in itself. In addition, this growth needs that the person know your other part. The easiest approach for a man is to first meet the woman in your outer part, so that you can then get to know the woman inside.

Just like a mirror. The mirror reflects the face, shows the man her face, and the woman becomes her mirror and man becomes her mirror. The other reflects your face, but if the man it has many mirrors around it and it runs from one mirror to another, and it hides each of the mirrors from the another, he will create chaos and go mad.

A man falls in love with a woman because she is young: the physiology, the proportions of the body, the face, the eyes, the eyebrows, the hair color, the way she walks, the way she turns around, the the way she says hello, the way she looks. Everything is new, the territory as a whole is unknown: and the man would like to investigate this territory. It's inviting, it's very inviting, he was caught and was hypnotized. And when it starts to get closer, it starts running away, it's part of the game. The more she runs away, the more enchanting she becomes. If she simply says, “Yes I am ready,” half the enthusiasm disappears at that very moment. In fact, the man will start thinking about how to escape. So she gives the man the opportunity to pursue her. In in no other situation people are never as happy as in a courtship, very happy because it's a chase. Man is basically a hunter, so when woman is chased, the fact that she runs away, tries to hide here and there, avoid him, say no, causes the man get more and more excited. The challenge becomes intense, the woman has to be

conquered. Now he's ready to die for her, or do whatever it takes, but the woman has to be conquered. And he needs to prove he's not an ordinary man.

However, once married... All interest was in the pursuit, all interest was in the unknown, all interest was based on the fact that the woman was apparently unconquerable. However, now it has been conquered. And how is it possible to keep that old interest? At best, one can pretend, but it is impossible for the old interest to remain. The relationship starts to cool down. The couple start to get bored with each other because now there are others women, who are new territories again: they attract, provoke, stir.

The same is true with thoughts: people are enchanted by a kind of thought, but the moment you get acquainted with that thought the honeymoon ends, love ends. They start to want to be interested in something else, something new that provokes emotion again, a stimulus.

In this way, you go from one woman to another, from one man to another. this type of search will never allow man enough time to build trust.

# PART

# 3

I am useless;

I can just sing,

And my songs have no purpose.

RABINDRANATH TAGORE

The politician

“I am a radical revolutionary politician. Do you have something to tell me?”

This man has gone too far, he won't listen. Just being political is enough.

But on top of that, he's a radical revolutionary politician, which means the cancer has doubled, tripled! Is policy alone not enough? Do you still have to be radical, revolutionary?

But it is always possible to find beautiful words to cover up unpleasant realities.

No politician can be revolutionary, because the only revolution is spiritual. Of the same As no politician can be radical, the word radical itself refers to roots. O

politician just prunes the leaves, it has nothing to do with the roots. Only the state of supreme happiness takes the human being to the roots, only meditation takes the human being to the roots of the problems.

Politics has always existed, politicians have always existed. But what happened? O

world remains the same, excuses always spin! In fact, the suffering continues if multiplying every day. All these revolutionaries and radical politicians have just proved that they are malicious, with good intentions, of course, but intentions count for nothing. what counts is the consciousness. The politician has no conscience. In fact, he's trying to avoid the inner problems, he's trying to escape his own problems. And the easiest way to to escape from yourself is to become preoccupied with the world's problems related to the economy, politics, history, service to the poor, changing the conditions of society, reform. All are strategies to escape from their own problems, strategies of a subtle character, dangerous, because he you feel you are doing something great while you are simply being a coward. first must face your own problems, find them. You must try to transform your being. Only one transformed person can trigger transformation processes in others.

The question asked of me was: "Do you have something to tell me?" Remember of two things. First, the three rules of ruin. There are three ways to be ruined in this world: a

first, by sex; the second, for the game; and the third, for politics. Sex is the most fun, the **Page 117**

gambling is the most exciting and politics is the safest. Second, remember the law as well.

fundamental of all revolutions: when the revolution comes, things will be different, no better, just different.

Politicians have run the entire world for centuries. Where? For what? It is not long enough for you to realize the utter stupidity of the game? at least people they are fully aware of 5,000 years of politics. Before that, the question must have been the same, but what happened after 5,000 years of political games? the man remains in the same darkness, same suffering, same hell. Yes, the policy keeps giving you hope, a hope for a better tomorrow that never comes. Tomorrows never come.

It is the opium of the people. Karl Marx said that religion is the opium of the people. It's true, 99.9% is true, while only 0.1% is not. A Buddha, a Jesus, a Lao Tzu, a Zarathustra, just these few people can be considered as belonging to the 0.1%, whereas Karl Marx is 99.9% correct in stating that religion has proven to be the opium of the people. religion maintained people in a drugged state, practically in a state so sleepy they could stand an intolerable existence, which could admit all kinds of slavery, starvation, in hope of a better tomorrow. Religions used to promise that better tomorrow in the next world, after dead.

People come to me and ask me, "What will happen after death?" instead of them answer, I ask them another question: “Forget all about the afterdeath. Let me ask one thing: what is happening before death?”… because everything that is happening before death death will continue to happen after death. It's an ongoing process: your consciousness will be the same before and after won't make any difference. The body may not be the same, the container may

change, but the contents will remain the same. Anything that happens is happening to the content, not the container.

First, religion was giving opium to the people, "the tomorrow", "the after-death". Millions of people remained in that drugged state, under the effect of that chloroform, the chloroform religious. Now politics is doing the same. Even communism turned out to be nothing more than that a new opium for the masses; Communism is a new kind of religion. The strategy is the same: "Tomorrow will come the revolution, and everything will be fine." Man has to sacrifice the day of today for tomorrow, and tomorrow never comes.

Eighty years have passed since the Russian Revolution, and tomorrow is still as far away as before. Fifty years have passed since the Indian revolution, the Gandhi revolution, and tomorrow it remains as far away as before, in fact even further away than before. The people who sacrificed, sacrificed in vain. It would have been better if they had lived. The people who went dead, they were actually committing suicide, in the hope that they were paying a great service to humanity. Don't create more madness in the world, as it is already quite full of madness.

A colleague of mine once worked in a hospital for the mentally ill. while doing the **Page 118**A colleague of mine once worked in a hospital for the mentally ill. while doing the rounds, tested the patients, asking them, "Why are you here?" The answer usually it revealed the patient's degree of reality orientation.

One morning the psychologist received an answer that shook him.

- I'm here for the same reason as you, doctor. Couldn't be successful in the world there outside.

Patients and doctors, people and politicians are all in the same boat. They are all ayatollah Khomaniacs! All kinds of maniacs are loose in the world. If the guy in the question above abandoning its radical revolutionary politics, there will be at least one Khomaniac less, and that will be a great blessing.

# The priest

A young devil comes running up to his boss. He's shaking and says to the old devil:

– Something has to be done immediately, because on Earth a man has found the truth! AND

after the people know the truth, what will happen to our profession?

The old devil laughed and then said:

– Sit down, rest and don't worry. Everything is arranged. Our people are already there.

“But,” he said, “I came from there. And I didn't see a single devil there.

The old man argued:

– The priests are part of my people! They've already surrounded the man who found the truth. Now they will become mediators between the man of truth and the masses. go build temples, go write scriptures, they will interpret and distort everything. They will ask people to worship and pray. Is on all this hubbub the truth will be lost! This is my old method, and it always did success.

Priests who represent the religion are not friends with it. They are the biggest enemies of religion, because religion does not need mediators, since between man and existence there is an immediate relationship. All you have to learn is how to understand the language of existence. The languages of man are known, but they are not the languages of existence. THE

existence knows only one language, which is that of silence. Who can also stay in silence will be able to understand the truth, the meaning of life, the meaning of everything that exists.

And there's no one who can interpret that for people. everyone has to find the truth by themselves, no one can do the job for them. However, that's what priests see been doing for centuries. They stand, like the Wall of China, between man and existence.

Just a few days ago the Vatican, in the person of the Pope, informed all Catholics: “I have been repeatedly informed that many Catholics are confessing to God directly. No they are going to the confessional, to the priest. I declare confession directly to God as a sin. You have to confess to the priest, you cannot relate to God directly." He didn't give any reason for that, because there's no reason at all, except the fact that the

priest to maintain his profession and to be a high priest himself. if people start to approach reality without anyone leading them, without anyone telling them what is good and bad, without anyone giving them a map to follow, millions of people will be able to to understand existence, because the heartbeat of the human being is also the beat heart of the universe, the life of the human being is part of the life of the universe. man is not a strange nor does it come from somewhere else, man grows into existence. he is part of existence, essential part of existence. You just need to remain silent, long enough to who can hear what cannot be said in words: the song of existence, the immense joy of existence, the constant celebration of existence. After this starts to seep into your heart, comes the transformation. That's the only way someone can become religious, isn't it attending churches, which are man-made, it is not by reading the scriptures, which are also Man-made. However, priests pretend that their sacred scriptures are written by God. THE

very idea is simply idiotic! Just look at these scriptures: you can't find any signature of God. You find things that there would be no reason for God to write. Hindus believe in the Vedas and believe that they were written by God Himself. The Vedas are the oldest books of existence, but no Hindu bothers to analyze them. If God wrote them, it must be something extremely valuable, but 98% of the Vedas are just rubbish, and it's so rubbish that it proves they're not written by God. For example, a prayer performed by a priest... why would God write it down? And the prayer consists of your cows that are

not giving enough milk: “Have mercy from me, increase the milk of my cows.” And not only that, here it continues: "Reduce the milk from

cows of everyone else!” Will God write this? "Kill my enemies and help my friends." AND

even these stupid things like, “The rains are coming, see to it that all the water reach my fields and avoid the neighboring field, because it belongs to my enemy. Only water your water in my field.” Why should God write these things down? all scriptures give intrinsic evidence that they are written by men, and very stupid men, men primitives. The so-called holy scriptures are not even considered good literature, since they are childish, gross, ugly, however, because they are written in dead languages...

And some are in languages that have never been used by ordinary people, like, for example, the Vedas. This language was never used by the common people, it was the language of the brahmins, the language of the priests. And these were very reluctant to translate, because they knew that after they were translated, the Vedas would lose all holiness. People will see that this nonsense is not even profane, let alone sacred!

So much obscenity, so much pornography is what is found in the sacred scriptures of all religions. However, they are written in Sanskrit, which is not used by common people; in Arabic, that is not used by common people; in Hebrew, which is not used by common people; in pali, in prakrit… Those languages are dead! And all religions are reluctant to have their scriptures edited in modern languages that people understand. However, despite the

reluctantly, the holy scriptures have been translated. First, they were against the impression of scriptures later were against its translation. The only reason was that they knew that after they were printed, the scriptures would be sold all over the world, anyone could buy them. And if they are translated into living languages, then how long is it possible to hide the true? And how will it prove that they were written by God? The scriptures are man-made, statues of God are man-made, temples and churches are man-made, but thousands of years of conditioning have given these feats a certain sacred character, a certain holiness. And there is nothing holy about them, nothing holy about them.

Priests, more than anyone else, have deceived man. This is the worst profession in the world, worse even than the prostitutes' profession. At least the hooker gives people something in return, whereas the priest gives them only hot air, the priest has nothing to offer. And that's not everything: whenever anyone saw the truth, these priests turned against him. It's obvious they have to be against, after all, if the truth is recognized by the people, millions of priests in the world will be unemployed. And your job is completely unproductive. They are parasites, if keep sucking man's blood. From the moment the child is born, until it enters in the tomb, the priest is always finding ways to explore it.

Unless religion is freed from the hands of priests, the world will remain with only a pseudo-religion, which will never become a religion. And a religious world cannot be suffering so much, the religious world must be a constant celebration.

A religious man is nothing but pure ecstasy. Your heart is full of songs. your being, in its entirety, it's ready to dance at any time. But the priest took away the search for truth, saying that there is no need to search, that the truth has already been found, and that the man just has to have faith. The priest makes people suffer because he condemns all pleasures of the world. Condemns the pleasures of the world so that he can praise the pleasures of the other world.

The other world is your work of fiction. And he wants humanity to sacrifice their reality for of a fictional idea, and people sacrifice it.

The scientist

“I heard you say some time ago that science is of the head and religion is of the heart. I understand that these qualities, although they are each at an extreme, are mutually dependent. one cannot exist without the other, just as man cannot exist without the head and the heart. Is it then that the world scientific community would not bring with it, as a necessary by-product, a religious community worldwide? Is the vision of a world science and a world religion not synthesized in his vision of the New Man?”

Man is not just head and heart. There is something more to him than that, which is being itself.

Therefore, it is necessary to understand three things: the head, the heart and the being. I said that religion belongs to heart because religion is the bridge between the head and being. the head cannot jump to the being directly, unless it passes through the heart.

Science is confined to the head, to reason, to logic. The heart is confined to feelings, emotions, sensibilities. But being is beyond both. It's pure silence, absence of thought, absence of feeling. And only the man who knows his being is authentically religious. O

heart is just a scale.

The man quoted must understand my difficulty in answering his question. This because this man is in the head. You can't talk about being because the head won't be able to communicate with the being. For the head, being does not exist, which is why scientists continue to deny the soul. Therefore, it is necessary to talk about the heart, which is in the middle of the path.

It is possible that the head understands a little of the heart, because even the greatest scientist in love. Your head cannot conceive what is happening. To fall in love? Can not prove it rationally, can't find out why this happens to a man in private, or with a particular woman, what is the chemistry behind it, what is the physics that's behind it, seems to be something that came out of nowhere. But he can't deny it either, because

it's there, and it's taking over your life as a whole. That's why I say religion is from heart. It is only a temporary declaration. After persuading him to move from the thinking to feel it, it will then be possible to learn that religion belongs to being. religion is not

thought nor feeling, and it is neither logic nor emotion. It's just pure silence: in a sense, it is totally empty, for there is neither feeling nor thinking; on the other hand, it overflows from supreme happiness and blessing. Meditation is the path from the head to the heart, and from the heart to the being.

It would be interesting for all scientists to listen to the heart. This would change the very character of the science. It would not be in the service of death, would not create more and more destructive weapons. would be service of life. It would create better roses, more fragrant roses, and better plants, animals, beings better humans. But the ultimate goal is to move from feeling to being. And if a scientist is able to use the head, as long as it concerns the objective world, to use the heart, as long as concerns the interpersonal world, and using your being when considering existence itself, hence, he is a perfect man.

My vision of the new man is that of a perfect man: perfect in the sense that all its three dimensions are at work, without one contradicting the others, but, on the contrary, complementing each other. The perfect man will create a perfect world. the perfect man it will create a world of scientists, a world of poets, a world of meditators.

My approach is that these three centers must work in each person, as even a single individual is a world unto itself. And these centers are in the individual, not in the society, hence the focus on the individual. If I can change the individual, sooner or later the world will join you. You will have to accompany him, to be able to see the beauty of the new man.

The new man is not only intelligent in arithmetic, he can also appreciate and compose song. You can dance, you can play the guitar, which is tremendous relaxation for the head, because this one stops working. And the new man is not just from the heart, although there are times when that he abandons himself even more deeply and simply remains in the heart. this source of being is the very center of the individual's life. Touching it, being there, is

being rejuvenated. All heart and head energies will be greatly multiplied as the individual will be acquiring newer energy every day, every moment. Why, even a great scientist how Albert Einstein uses only 15% of its potential. What about ordinary people then?

Never go beyond 5% to 7%. If the three centers are working together, the man will be able to work 100%. It is possible to truly create a paradise here, on this Earth. is in the human hands. All it takes is a little effort, a little courage and nothing else.

The world has to be scientific for all technologies, for all comforts. The world it has to be poetic, otherwise man being becomes just a robot. the head is a computer. Without poetry, and music, dance and song, what the head does can be done by a computer much more efficiently and more foolproof. Popes usually declare that they are infallible. They are not. However, if they want to be infallible, their brains can be replaced by a computer, then, they will be infallible.

The heart is a totally different dimension, through it one experiences and expresses the The heart is a totally different dimension, through it one experiences and expresses the beauty, love. But that is not all. Unless it reaches the center itself, the individual will remain disgusted. And a disgusted man is dangerous, because he will do anything to

get rid of your discontent.

The person who knows himself and his center is the richest. In fact, that's where the kingdom is God's. In the realm of each individual, it is the individual who is the God. Basically, by being centered on his being, the individual becomes an emperor.

# The entrepreneur

“I am an entrepreneur. Can I also be a meditator?"

You have to do something in life. Someone is a carpenter, someone is a king, someone is an entrepreneur and someone is a soldier. They are means of subsistence, they are means of obtaining bread, butter and shelter.

Professions cannot change your inner being. Being a soldier or a businessman doesn't do any difference: everyone chooses their means of earning a living. Meditation is life, not sustenance.

It has nothing to do with what the person does, it has everything to do with what the person is. Yes the business should not enter your being, it is true. If your being has also become a business, then it is difficult to meditate and impossible to be a searcher... because in that case you have become excessively calculating. And a calculating person is a cowardly person: he thinks too much and cannot give any jump.

Meditation is a leap: from the head to the heart and finally from the heart to being. THE

person will go deeper and deeper, where the calculations will have to be left behind, and where all logic becomes irrelevant. You cannot take cunning there. In fact, cunning is not the true intelligence too, and rather the poor substitute for intelligence. The people who don't they are smart learn how to be cunning. People who are smart don't need to be cunning, they are usually innocent, and need not be cunning. They act above the state of no to know. If the individual is an entrepreneur, that's fine. Even Jesus could become a meditator and a searcher and finally a Christ, a buddha. And look, he was the son of a carpenter, he helped the father, brought wood, cut wood. If a carpenter's son could become a buddha, why not anyone else? Kabir was a weaver. He continued his work all his life and even after reaching the ultimate happiness, it was still weaving. He loved his job! Oftentimes his disciples asked him and begged him with tears in their eyes:

– You don't need to work anymore, we are here to take care of you! so many disciples, for to continue weaving, given your advanced age?

– But do you know who I'm weaving for? To God! It's because everyone became a But do you know who I'm weaving for? To God! It's because everyone became a god to me. It's my way of praying – would say Kabir.

If Kabir could become a buddha and still remain a weaver, why other people couldn't they?

But the business must not enter your being. The business must be just an external thing, just one of the livelihoods. When the shop closes, the individual must forget all about your business. When you go home, you shouldn't carry the store on your head. when you are in marry your wife, with your children, don't be a businessman. It's unpleasant: that it means that your being is taking on the colors of your doing. Doing is a superficial thing. The being it must remain transcendental for its doing, and the individual must always be able to place the your doing aside and entering the world of your being. That's what meditation is all about...

So continue to be an entrepreneur, but for a few hours forget all about it. No that the individual must escape his ordinary life. It is necessary to know the ways and means, the alchemy, to transform the ordinary into the extraordinary.

The individual can be an entrepreneur in his store, but he should not be an entrepreneur at home. AND, sometimes, for a few hours, he even has to forget about his home, his family, his wife, his children. Per a few hours, you should be alone with yourself. To sink deeper and deeper into being itself.

Have fun, love yourself and, slowly, you will become aware that great joy is springing up,

without cause in the outside world, without cause in the outside. It's your own taste, it's your own flowering. This is meditation.

"Sitting in silence, doing nothing, spring comes and the grass grows by itself."

Sit quietly, doing nothing, and wait for spring. She comes, she always comes, and when you arrive, the grass will grow by itself. You will be able to feel a great joy, which arises inside for no reason. So you must share it and then give it to people!

Consequently, your charity will be inward. And so joy is not just going to be a means of achieve a goal, but it will also have intrinsic value.

Sannyas is nothing more than living in the ordinary world without you being possessed by it, remaining transcendental, remaining in the world and still a little bit above it. That's it sannyas. It's not the old sannyas, where a man has to leave his wife, his children, his own business and go to the Himalayas. That kind of thing never worked. Many went to the Himalayas, but they carried their stupid minds with them. The Himalayas have never been of any help to the men, on the contrary, they destroyed the beauty of the Himalayas, that's all. How can the Himalayas help anyone? You can leave the world, but you cannot leave the mind. it goes along with the individual, as it is within him. And wherever he goes, his own mind will create the same kind of world around you. Man may leave the world, but it will be the same. go again reproduce it, because it carries the blueprint, the design of the world, in your mind. it's not a question of letting go of reality, but of changing the mind, of renouncing the mind. This is meditation.

# the american

“The esoteric sect known as the Bauls celebrated all aspects of life, including the body. We, Americans, we take care of the body with healthy food, aerobic exercise, massage, etc. despite the similarity in approach, I don't think our understanding of the body is the same as that of the Bauls. What do you think?"

There is a lot of difference, and the difference is not just quantitative, it is qualitative as well. The world modern, the modern mind knows only the empty temple. Completely forget who is consecrated in its interior. So they continue to worship the temple, but God is forgotten.

As he does not know about the center of life, the individual remains on the periphery and enjoys it.

The American cherishes the body as the body, the Baul worships the body as the sanctuary of God. O

body itself is nothing. It is luminous because of something beyond the body. the glory of the body it is not in the body itself, which is a host, in fact the glory is because of the guest. If the guest is forgotten, then, is mere complacency. On the other hand, remembering the guest and, consequently, loving the body and celebrating the body is part of the cult. American's cult of

body has no meaning. That's why people go after healthy eating, massage and, in a thousand and one ways, they try to somehow make sense of their lives. But just look at your eyes to perceive the great emptiness that exists. You can see that they got lost. The fragrance doesn't is there, the flower has not bloomed. Deep down they are just lonely, lost, not knowing what to do.

They continue to do a lot of things to the body, but the target is missing.

Here's an anecdote to illustrate: Rosenfeld entered the house smiling.

“You'll never guess the bargain I just made,” he said to his wife. –

I bought four polyester tires for heavy vehicles, with steel belt, wide radial, with white bands, on sale yet!

- You are crazy? said Mrs. Rosenfeld. – What did you buy tires for? You don't even have a car.

'Well,' said Rosenfeld, 'you buy bras, don't you?

If the center is missing, then the person can continue to memorize the periphery. can deceive the If the center is missing, then the person can continue to memorize the periphery. can deceive the others, but it cannot satisfy itself. You can even be mistaken, because even the lie itself, repeated many times, it starts to seem true. However, it cannot be satisfied, it cannot provide contentment. The American tries to enjoy life, but there seems to be none happiness. Baul is by no means trying to enjoy life. There is no effort in this meaning, Baul simply enjoys life. And there's nothing to enjoy, because even though it's just a beggar on the street, he has something of the interior, some glow of the unknown that surrounds him.

Their songs are not just songs, but something that comes from beyond that descends on them. when dancing, it is not just the body that moves, but something deeper moves as well.

He doesn't try to enjoy.

It is good to remember that whenever you try to enjoy, you will lose. When trying to reach happiness, will miss. The very effort to achieve happiness is absurd, because happiness it is here, you cannot reach it. Nothing should be done about it. It is only necessary to allow-there. It's happening, it's all around everyone, inside, outside, happiness is out there. Nothing else is real.

Look, look deeply into the world, the trees, the birds, the rocks, the rivers, the stars, the moon and the sun, people, animals. Look deeply: existence is made up of the material of happiness, of joy. It is made of supreme happiness. There is nothing to be done about it. THE

the very attempt to want to achieve happiness can be the barrier. The person needs to relax to that happiness satisfies him, one needs to relax so that happiness overflows him. the Baul he is in relaxation, the American in tension. Tension comes when you're chasing something, while relaxation arises when the person allows something. That's why I say there is a big difference, and that it is qualitative. It has nothing to do with quantity, it's not that Bauls have more than Americans, or that Americans have less than Bauls. no, the americans they have none of the happiness that the Bauls have and, on the other hand, what the Americans have – the suffering, tension, anguish, neurosis – the Bauls don't have it. they exist in one dimension totally different. Baul's dimension is the here and now, and the American's is elsewhere - in the there and then, but never in the here and now. The American is chasing, chasing hard, trying to squeeze out life. Nothing works because that's not the way. You can't squeeze the life, you must surrender to it. Impossible to conquer life. You have to be very brave as if was to be defeated by life. Defeat is victory, and the effort to be victorious will turn out to be nothing more than the ultimate and utter failure of the individual. Life cannot be earned because the part cannot conquer the whole. It's like a small drop of water is trying to

conquer the ocean. Yes, a small drop of water can fall into the ocean and become the ocean, but it cannot conquer the ocean. In fact, falling into the ocean, sliding into the ocean is the way for the conquest. It takes the individual to dissolve.

Now let me tell you something: the American is trying to find happiness, and that's why who is overly concerned with the body. It's almost an obsession. goes beyond the limits of worry, became an obsession: constantly thinking about the body, doing this and that and

all kinds of things. He makes an effort to have some contact with happiness through the body. This is impossible. Baul achieved happiness. You've already seen the happiness inside you.

He looked deep into the body, not through massage, not through the Rolfing method (therapy body), not through a sauna. He looked at this through love and meditation, and found that happiness is there, the treasure is there. And that's why Baul worships his body, that's why it's careful about the body…

because the body is carrying the divine. Due to this internal event, the fact that he has become conscious, is that Baul is happy with his body, taking care of him and loving him. This love is totally different. Second, the mind American is competitive. Not that the person is necessarily really in love with their body, it may be that you are simply competing with others. The person has to do the things that others are doing. The American mind is the most shallow and ambitious ever existed in the world. It's a very basic worldly mind. That's why the entrepreneur became the highest paradigm in the United States. Everything else fades into the background. O

businessman, the man who controls money, is the highest paradigm.

Money is the realm of competition at its extreme. It is not necessary to have culture, just have money. There is no need to know anything about music, nothing about poetry. It is not necessary to know nothing about ancient literature, history, religion, philosophy, you don't need to know. the one who has a big bank account is someone important. That's why I classify the American mind as the most superficial that ever existed. And that mind turned everything into commerce. this mind is in constant competition. Even if a person buys a Van Gogh or a Picasso, it doesn't he buys with the art in view, he buys because his neighbors bought it. If neighbors have a painting by Picasso in the living room, how can one not have one? the person needs have one. You may not know anything about painting, you may not even know how to hang it, by which side… because it's hard to know, when it comes to a Picasso, if the painting is hung upside down down or upside down! You may even know nothing about whether it's an authentic Picasso or not. You may not ever look at the work, but because others have and talk about Picasso, the person needs to show their culture. Just show your money. Therefore, everything that is expensive becomes importantly, everything that is expensive is taken to be significant.

Money and neighbors seem to be the only criteria to decide everything: cars, houses, paintings, decoration. People have saunas in their bathrooms, not because they love their bodies, no necessarily, but because it's an “in” thing, that is, everyone has it. the one who doesn't have looks poor. If everyone has a house in the mountains, one has to have one. can't even knowing how to enjoy the mountains, you might even get bored there. Or you can take your TV

and your radio to there and watch and listen to the same program I was listening to/watching at home. What difference do where you are sitting, whether in the mountains or in your own room? But for them it matters. IT'S

I need a four-car garage as the others have one. Maybe the person doesn't need four cars.

The American mind is constantly competing with others. Baul is not

The American mind is constantly competing with others. Baul is not competitive. It's a quitter. He says: “I'm not worried about what others are doing, I'm just worried about what I am. I'm not worried about what others have, I'm just worried about what I have.” After realizing that life can be tremendously happy without having too many things, who's going to care?

Old Luke and his wife were known as the meanest couple in the valley. Luke died and a few months later his wife was dying. She called a neighbor and said with difficulty:

'Ruthie, I want you to bury me in my black silk dress. But before that, cut the part from the back and make a new dress with it. It's good material and I'd hate to waste it.

– I couldn't do that! Ruthie exclaimed. – When you and Luke go upstairs of gold, what will the angels say if your dress doesn't have a back?

“They won't look at me,” she said. – I buried Luke without his pants.

The concern is always with the other. Luke will be without his pants so everyone will look for him. The American concern is for the other, while Baul is simply concerned I really can. Baul is very selfish, he doesn't care about the other or anything that the another owns or has done. He's not worried about the other's biography at all. live on this Earth as if it were alone, so it has a huge space around it. move on this Earth without worrying about the opinions of others. Live your life, do your thing and do your to be. Of course, he is happy as a child. Your happiness is very simple and innocent. Your happiness it is not manipulated, it is not fabricated. It's very simple, essential, basic, like a child's.

Have you ever watched a child run, scream, dance for nothing at all? It's because she doesn't have nothing. If you ask her, “Why are you so happy?” she won't be able to give an answer. Go really think whoever asks is crazy. Is there any need to have any reason to be happy? The child will simply be shocked at the possibility that the "by that” have been raised. He'll shrug his shoulders and continue on his way, and start singing and dance again. The child has nothing. He's not a prime minister yet, he's not a President of the United States, he is not a Rockefeller. It doesn't have anything, maybe some shells or some rocks he picked up on the beach, that's all.

Baul's life doesn't end when life ends, while the American's life ends when life ends. When the body ends, the American ends, and that's why the American is very afraid of dying. Due to fear of death, the American keeps trying some way to prolong your life, sometimes reaching absurd levels. Well, there are many Americans who are just vegetating in hospitals, in asylums for the mentally ill. are not living, are long dead. Are treated by doctors, medicines, equipment modern. Somehow, they keep holding on. The fear of death is tremendous, because after the individual is gone, gone forever, and nothing will survive. That's because the American only knows the body and nothing else. One who only knows the body will be very poor. First, always go

be afraid of death and, when you are afraid of dying, you will be afraid of living. Life and death are so connected that whoever is afraid of dying will be afraid of living. If it's life that brings death, then, how can someone who is afraid of death really love life? The fear will be there. And the life that brings death, and you cannot live it fully. If your belief lies in the fact that death it's all over, then your life will be a race, a chase. As death is about to come, you cannot be patient. Hence the American mania for speed: everything has to be done fast, for approaching cause of death, so try to deal with as many things as possible.

before I die. The individual should try to fill life with as many experiences as possible.

before he dies, for once he is dead he will be dead.

This creates a great lack of meaning in life and, of course, anguish and anxiety. if there isn't nothing that survives the body, so whatever you do can't be very deep.

Any action of the individual is incapable of satisfying him. If death is the end, and nothing survives, then the life can have no meaning and no importance. This means that death is a tale told by an idiot, full of fury and torment, and which means nothing. So, for a side, the American constantly runs from place to place to somehow grab the experience and to somehow not lose it. It runs all over the world, from one city to another, from one country to another, from one hotel to another. It runs from one guru to another, from one Church to another, in search, because death is about to come. On the one hand, a constant mad chase and on the other aside, a deep apprehension that everything is useless, since death will end it all.

So, if you lived a rich life or if you lived a poor life, if you were intelligent or not, if you were a great lover or not, what difference does it make? Finally comes death, and equals all: the wise and the foolish, the wise and the sinners, the enlightened and the stupid, all go under the earth and disappear. So what's the point of it all? Whether it's Buddha, Jesus or Judas, what a difference it makes? Jesus dies on the cross and Judas commits suicide the next day, and yet both disappear into the earth. On the other hand, there is a fear that some may lose while others can gain, and, on the other hand, a deep apprehension that, even if the individual succeeds what you seek, nothing is achieved. Even if it does, it won't have gotten anywhere, because death comes and destroys everything. Baul's understanding is that there is no need to go anywhere.

Even if you sit under a tree, as with Buddha… God Himself

came to him. He didn't intend to go anywhere, he was just sitting under his tree. Everything comes, just create the capacity. Everything comes, just allow. Life is ready to happen to anyone a. Man creates many barriers, and the greatest barrier that can be created is persecution. Because race and pursuit, whenever life comes and knocks on the individual's door it never finds him there.

He's always somewhere else. When life gets there, the individual has already moved. He was in Kathmandu, and when life comes to Kathmandu, the individual is in Goa. when is in Goa and life somehow catches up with him, the individual is in Pune. And at the moment when life

arrives in Pune, the individual will be in Philadelphia. Thus, the individual pursues life and life chases the individual, and the encounter never takes place.

Just be... just be, and wait, and be patient.

A certain mind came into being: the American mind. This is something new in the history of humanity. The American mind, and it is the first time in all the history of man that such a lie came into existence, is the most trained in dealing with the world. American society is the first society in human history dominated by the businessman, hence his success. None society had been dominated by entrepreneurs. In India, it was the scholar, the brahmin, the teacher from university, the expert, who dominated. In England, it was the aristocrats... just like in the rest of Europe. In Japan, it was the warriors, the samurai, who ruled. never before, and in nowhere else, the entrepreneur dominated. American society and culture are based on the businessman's mind. In fact it was said that if a German had to say to someone “I am a businessman,” he would feel a little awkward. A businessman? The German used to feel very well if you could say that he was a university professor. Maybe poor, but a teacher of a great university. You may be very, very rich, but an entrepreneur? So this is not

nothing... a businessman?

Now, being a teacher in the United States means nothing. Just a teacher of college? Poor boy! Teachers are those who have failed, teachers are those who have not manage to be nothing else. In the United States, when a person cannot be something else, becomes a teacher. On the other hand, “entrepreneur” is a prestige word. Whoever is a businessman is how it should be. The entire society is based on the entrepreneur's mind, hence the success. Is very successful society, given that the entrepreneur is successful in any type of enterprise. The teacher is doomed to failure. Wherever intellectuals take the power, society is doomed, since they will argue, and

fight and do everything, but they will never do nothing that is of use. They will simply forget what is needed. will discuss about big things, since life consists of little things. the businessman observes the little things, down to the last detail, it's very down to earth. Therefore, the success of the American mind is a barrier in the inner world. A new approach is needed in the world interior, which is more dreamy, more poetic, more romantic. But that can be changed. He must become very fluid. It doesn't mean to destroy that mind. The mind is good if the individual is working in the world, so leave it there, untouched. When necessary, use it. In the market, use-The. In the market, everything I'm talking about and everything I'm sharing with the reader is useless, never use this on the market. So, you have to be very fluid. Use that mind in the market, but when you go to an inner temple, set it aside. Use another kind of mind, which is there also. An unused mind, that's it.

The most important thing that happened to the first man who stepped on the moon was suddenly, having forgotten that he was an American. Suddenly, the entire Earth was one, there was no

borders, as there is no map of the Earth. the American continent, the continent Africa, the Asian continent, this and that country, all disappeared. Not that he did any effort to bring opposing camps together, there was not even a Soviet Russia or a America, the Earth as a whole was simply one.

And the first words that were uttered by the American were: "My beloved Earth!" This it is transcendence. For a moment he had forgotten all the conditionings: "My beloved Earth!"

Now the entire Earth belonged to him. This is what actually happens in a state of silence: a existence as a whole is his, and all opposites vanish into each other by supporting and dance with each other. It becomes an orchestra.

The mind is conditioned from the outside, and it can be governed from the outside. O

individual must develop the state of no-mind, so that afterwards he can no longer be governed to from the outside. Only man in a state of no mind is free and independent. he's not even German, not Indian, not English, not American, it is simply free.

North American, Indian, German... these are the names of your prisons, not your skies of freedom. These are not skies where you can fly, they are prisons where you live. a free man belongs to himself, to no one else.

A free man is simply nameless, formless, raceless, nationless energy. You days of nations and races are past, and now the days of the individual are coming. On a better world, there will be no Germans, Indians, Hindus, Christians. In its place, there will be pure individuals, perfectly free, living their lives in their own way, without disturbing the life of no one and not allowing anyone to disturb theirs.

A man asked a rabbi:

– Why did Jesus not choose to be born in the United States of the 20th century?

The rabbi shrugged his shoulders and said:

- In america? It would have been impossible. For a start, where could you find a virgin? AND, secondly, where would you find three wise men?

The American is the most alive person on Earth these days. is the most alive person for simple reason that the “American” is not a race, it is a mixture of all races. It is a meeting point of all countries. The United States became the richest country simply by reason that miscegenation brings out the best in every child. The other races are small ponds that they reproduce among themselves, it is as if the man were procreating in his own family. How much the lower the race, the lower the standard of your intelligence. That's why it's forbidden for siblings to marry with her sisters. In these cases, the child will be stupid, there will be no salt. It's not really going to be a man, it'll be more like a banana or a tomato! It won't have any intelligence.

Intelligence comes from miscegenation. And the United States is the luckiest country in this I ask because, despite its history as a whole being only three hundred years old, the whole world is finds there. It's the future of the world, it's how the whole world is going to be. All other countries must

learn something, and miscegenation should become a normal fact. The individual must marry with someone as far away from you as possible. However, people get married exactly on the way.

opposite. They find someone in the neighborhood, someone of the same religion, the same race, the same color. This is destroying humanity.

Well, just ask animal breeders, they've increased the quality of all kinds of animals. Just ask those working on increasing the quality of fruits and vegetables.

They increased the quality of fruits and vegetables after crossing over. However, as far as man is concerned, he is still very unscientific and very superstitious.

In the United States, all these superstitions have been broken. Had to be broken, because it was a new country, and the whole world converged there. People from all countries, from Spain, Portugal, Italy, France, Holland, Poland, England: people from all places gathered there. A whole new kind of human being was born, which is very smarter, much healthier, lives longer, has tremendous abilities to adventures, have courage. And who created the richest country in the world.

An Indian, an Englishman and an American were walking in a cemetery.

– When you die, who would you like to be placed beside? – asked the north-American for friends.

“Mahatma Gandhi,” said the Indian.

“Winston Churchill,” said the Englishman.

“Well,” said the American, “I would like to be with Raquel Welch.

“Wait a minute,” said the Indian, “she's not dead yet!

“I know,” said the American. - Me neither!

Even young children in the United States show great insight and intelligence, far more than anywhere else. Jimmy decided it was time to reveal some teachings to his young and somewhat eccentric son.

“Bob,” said the father, “you're becoming a young adult now and I think you should live your life more seriously. Just think: if I died suddenly, where would you be?

“I would be here,” the boy replied. – The question is: where would you be?

It is good to remember that the word “phony” (which means “false” in Portuguese) comes from the States

United and which is derived from the word “telephone”. When on the phone with someone, have you noticed any changes? The voice is not the same, the tone is not the same and no one knows if there is another American or a ghost.

It is said that... A great psychoanalyst was treating a super-rich billionaire. although the value of therapy was well above the capacity of millions of people, for the super-human.

rich meant nothing. The rich man continued in therapy. A year passed, and he continued to lie down on the psychoanalyst's couch and say all kinds of nonsense... things that fill the

head of all individuals as well. Issues that human beings keep within themselves, but that in the psychoanalyst needs to put them out.

The psychoanalyst was getting bored, but he couldn't get rid of the super-rich man, because I was making a lot of money off of it. Finally, he found an American solution to this.

– I have many other patients, and sometimes your session takes three, four, five hours. You you have time, you have money. I have a humble suggestion to give you. I will keep a recorder that will listen to what you have to say. My four or five hours will be saved and, at night, when I have time, I can listen to the tape - said the psychoanalyst to the rich man.

- Excellent! – said the rich man.

The next day, when the psychoanalyst was entering his office, he saw the rich man going out. Then he said:

- So quickly? Finished?

– No, I also brought my tape recorder. My recorder is talking to your recorder. Per that I would waste five hours? When recorders can do it, what is the need to do i come every day? – he argued.

This is how, little by little, man becomes more and more mechanical. He speaks, he lives a life, but it's all like a robot.

Dale Carnegie, one of America's most famous philosophers, is not recognized as a philosopher nowhere outside the United States, but his book How to Make Friends and influencing people just didn't sell more than the Bible. And it's full of crap! Dale suggests that every husband, at least three or four times a day, should say to his wife, “Honey, I love you so much so that I can't live without you. I can't imagine myself without you.” And it doesn't matter if the person really mean it or not.

Can you see the falsehood? If the person is in love it is very difficult to say "I love you", since words are insufficient. Now, repeat them three or four times in a routine mechanics... it doesn't mean anything, it's like a recording. Maybe the needle on the record is prey: "Honey, I love you." The dear also responds and, deep down, they both hate each other: “This is the woman who destroyed my freedom. This is the man who put me in prison.”

Only one man in US history has my respect: Walt Whitman.

I don't consider any other American to be of much value. But Walt Whitman belongs to the giants of world history.

Walt Whitman is perhaps the only man in the entire history of the United States to arrive pretty close to being a mystic. Unlike the American mind, which is very shallow. AND

it's bound to be very shallow because it's only 300 years old. It's a child's mind that he's curious about everything: he starts questioning this and that, and even before he gets a answer has already changed to another question. Not interested in the answer, just curious, want to know

all simultaneously. It goes from one religion to another, from one teacher to another. Go out in search of answers in the ends of the world, but everything remains practically a fad.

Psychologists have found that in the United States nothing lasts longer than three years. This is the normal limit for any fashion. A certain toothpaste, a certain soap, a certain shampoo, a certain hair conditioner, a certain guru, all enter the same market. It is estimated that, in the United States, each person changes jobs after every three years, change spouses every three years, change cities every three years. the period of three years seems like enough time, and when something new is needed…

Walt Whitman appears to be a rare case born on American soil. should have been born somewhere in the Orient, a place where he has always been very interested.

Walt Whitman is one of the people who are not understood in the United States and even thus, he is the only one the United States can be proud of.

The less civilized and more primitive a person is, the more alive he will be. How much more civilized, more plastic – artificial and over-cultivated – it will be, and will eventually lose its roots in the Earth. Human beings are afraid of the muddy world. Start living far from the world, start to to position yourself as if you were not part of it. The Tantra system says: to find the real person, it will have to go to the roots.

And he complements: those who are not yet civilized, have no education and no culture, they are more alive, they have more vitality. And this is the observation of the modern psychologist too. One African American has more vitality than a white American, and this is the fear of White man. He is very afraid of the black man. The fear is that the white American has become too plastic, while the black American still retains its vitality, still have their feet on the ground.

The conflict between blacks and whites in the United States is not really a conflict between black and white, but a conflict between the real and the plastic. And the white American has a lot fear, basically because if the black American has a chance, the white American will lose your woman. Black men have more vitality, are sexually more vigorous, have more vivacity, and its energy is still wild. And this is one of the greatest fears of civilized men: lose your women. They know that if men with more vitality are available, they won't will be able to keep their women.

Tantra says: in the world of those who are still primitive, there is the possibility of beginning to grow up. Man grew up in the wrong direction, while the primitives can still choose to in the right direction, as well as having more potential. And since they have nothing to undo, they can proceed directly.

“Is there an ultimate purpose to everything, or is life just an accident? It can be said that life is evolving towards some ultimate goal?”

It's very difficult, especially for the Western mind, to understand that life doesn't have It's very difficult, especially for the Western mind, to understand that life doesn't have purpose. The West has thought in terms of purpose, while the East in terms of lack of purpose. The East says that life is not a business, it's a game, and a game doesn't have a purpose really, it's just not purposeful. It can also be said that playing is a purpose in itself, the act of playing is all that is needed. Life is not achieving some goal, life itself is

a goal. It's not evolving towards some ending, and right now, here and now, the life is final.

The mind that realizes will never have supreme happiness, it will always be tense. And whenever something is achieved, the mind that realizes will feel frustrated, because new goals will have to be invented. This is happening in the United States. Many of the goals of the last century were hit and, as a result, the United States plunged into deep frustration.

The goals of the founders who created the United States and the American Constitution were almost all hit. In this country, for the first time in the entire

history of mankind, a society became affluent. Almost everyone is rich. The poor man in the United States is a rich man in India.

The goals were almost achieved. What to do now? Society has become rich: the food is there, everyone has a car, radio, fridge, TV. What to do now? a frustration depth is felt, some other goals are needed, and there seems to be none. In instead of one car, the individual can have two cars, and then the goal is a garage.

for two cars, or it can have two houses, but in that case the goal will be reached in ten years. O

goal can be achieved, whatever it may be. And so the mind that realizes feels frustrated. What to do now? A goal is again needed, and the individual must invent another.

Therefore, the American business as a whole now depends on the invention of goals.

Giving people goals is what ads and the whole advertising business do. To create goals, seduce people: “Now that's the goal! You must have it, otherwise life runs out sense!" They start running because they have a mind that performs. But where does this lead?

It leads to more and more neurosis.

Only a mind that doesn't realize can be at peace. However, a mind that doesn't realize is just possible with the formation of a cosmic nonsense. If the whole existence is purposeless, then there is no need for man to have a purpose. So he can play, he can sing and dance, you can have fun, you can love and live, and there is no need to create any goals. Here is now, at this very moment, the ultimate is the present moment. Whoever is available can have the ultimate within you. But man is not available here, for his mind is in some place in the future, in some goal.

Life has no purpose, and that's the beauty of it. If there was any purpose, life it would have been petty and just futile. It's not a business, it's a game. In India, Leela's name. Leela means cosmic game... As if God were playing.

The energy that overflows, without any purpose, just for your own use. Just a kid

little kid playing. And for what purpose? Running after the butterflies, picking up colored stones on the beach, dancing in the sun, running under the trees, picking flowers. And for what purpose?

Just ask a child. She will look at whoever asked her as if they were a fool: there is no need to have a purpose.

Man's mind is corrupted. Universities, colleges, education, society, all of them they corrupt man. They made it a very deep conditioning in man, so that if something has no purpose, it is useless, and therefore everything must have a purpose.

A child playing has no purpose. At most, if you could explain, the child would say, “Because I feel good. As I run, I feel more alive. When picking flowers, I have fun and I have pleasure." But there is no purpose. The act itself is beautiful, pleasurable. being alive is the enough, there is no need to have purposes. Why ask for anything else? the man doesn't can you be satisfied simply to be alive? This is a phenomenon! It is enough for the man to imagine himself

being a stone. Many may have been stones, as many still are. anyone must have been, somewhere in the past, at some point, a stone. It is enough for the man to imagine himself being a tree. Anybody must have been, somewhere, a tree, a bird, a animal, an insect. And then, just imagine yourself being a man, the one who is always aware, alert, and at the peak, at the height of all possibilities. AND, even so, he's not happy about it. Man needs a goal, otherwise the life is useless. The human mind has been corrupted by economists, mathematicians, theologians.

They corrupt the mind, because they all talk about goal. They say: “Do something just lead to the achievement of something else. Don't do anything that doesn't lead anywhere.” At the However, I suggest that the more a man can appreciate the useless, the happier he will be. How much the more he can enjoy what has no purpose, the more innocent and happier man will be. When not has the need for no goal, man simply celebrates his being. feel

gratitude just by the fact of existing, of breathing. It's a great blessing to be able to breathe, to be alert, conscious, alive and full of energy. It is not enough? It takes something to be achieved so that you can feel good, so you can feel valued, so you can feel that life is justifies? What more can man achieve than what he is? what else can be added your life? What else can man add to it? Nothing can be added, and the effort will destroy the man, the effort to add something. However, for many centuries, around the world, every child is taught to have goals. "Do not waste your time! Do not waste your life!" Which is does that mean? It means: “Turn your life into a bank balance. when you die, you must Be rich. That's the purpose.” While it is said here in the East “Live richly”, in the West it is said "Die a rich man." And they are totally different things. whoever wants to live richly must live here and now, and not a single moment must be lost. whoever you want to achieve something a rich man will die, although a poor man will live, having a life poor.

When you look at rich people, you see that their lives are absolutely poor, a When you look at rich people, you see that their lives are absolutely poor, a since they waste them by turning them into bank balances, and exchanging their lives for money, by big houses, big cars. All of these people's efforts are focused on a life that has to be modified by a few things. When they die, their acquisitions can be counted. One meditator needs a mind that doesn't realize, but a mind that doesn't realize is only possible if the individual can be content with the lack of purpose. just try to understand the cosmic game as a whole and being part of it. It shouldn't really get serious, because a game can never be serious. And even if the game requires seriousness, the individual can adopt a posture serious but fun, and not really serious. With that, that exact moment becomes rich. Then, at that very moment, the individual can go to the end. The end is not the future, it's the present, which is hidden here and now. Therefore, one should not ask about the purpose, as there is no none, and it is beautiful that there are none. If there was purpose, God would just be a director administrative or a large businessman, an industrialist or something similar.

Why waste time thinking in terms of business? why not live more fun, less serious, ecstatic? Ecstasy is not something that can be achieved through efforts, ecstasy is a way of life. At all times the human being has to be

ecstatic, because simple things need to be enjoyed. And life offers many opportunities to enjoy.

However, the individual will lose them if he is going to live on purpose.

One who is not given to live by purpose at every moment will have many opportunities to be ecstatic. A flower, a solitary flower in the garden... The individual can dance if he doesn't

depend on goals. The first star of the night... can sing if it doesn't depend on purposes for living. A beautiful face... you can see the divine in it if it's not tied to goals. All in around the divine is happening, the end is overflowing. But the individual will be able to see only if you are a free-spirited and fun person.

On a trip to the West Coast, on his first visit to the United States, an Englishman begins to a conversation with an American.

– That's what I say, you really have an extraordinary country here: lovely women, big cities... But, old man, if you'll allow me to be frank, the fact is that you don't have aristocracy.

- Do not have what? - Asks the American.

– They don't have aristocracy.

- What is it? - Asks the American, looking confused.

– Oh, you know – answers the Englishman – people who never do anything, whose parents never did nothing, whose grandparents never did anything and whose families were always people who lived in leisure.

- Oh yes! - The American's face lights up with understanding. – We have them here, but we call them bums!

Did you know that the more educated a country becomes, the greater the increase in the number of people crazy in it? The United States has the most crazy people today. It's a matter of

pride! It is proof that the United States is the most educated and most civilized country. You American psychologists say that if the same system continues for another hundred years, it will be hard to find a sane man in the United States. Even today the mind of three each four people is in an unstable condition. In the United States alone, 3 million people they consult psychoanalysts every day! Gradually, the number of doctors is becoming smaller and that of psychoanalysts, increasing. Doctors also say that 80% of man's illnesses are diseases of the mind, not the body. And, as understanding increases, this percentage increases. First they used to say 40%, then they started to say 50% and now they say 80%

illnesses are of the mind, not the body. And I guarantee that, in 20 to 25 years from now, they will say that 99% of illnesses are of the mind and not the body. You'll have to say that, because all the attention is turned to the human brain. The brain has gone insane.

A man who gets angry in a normal way, like everyone else does, that is, if someone insults him, he gets nervous, he is not a dangerous person, as he will never accumulate so much anger to the point of becoming dangerous. But a man who always represses his anger is sitting on a volcano, and any day the volcano will erupt. Or will commit suicide or murder, no less than that. It is because of repressive religions that there is so much pornography in the world. THE

pornography exists because of priests, not because of Playboy magazine. In fact, the magazines Playboy type are just by-products of the priests. There is a lot of pornography simply because the sex has been very repressed, and you want to find some way, some way out. And once repressed, the sex begins to find the paths of perversion. It can become a political trip, but it's the sexuality, nothing more, repressed sexuality.

That's why, in all the Armies of the world, sex is repressed. And the North soldiers-Americans are in a difficult situation for the simple reason that it is the first time that a Army is allowed to have some sexual outlet. US soldiers cannot win, defeat is certain. Anything you do, wherever you go, will be defeated, by the simple fact that they are a new phenomenon in the world, that is, they are not sexually repressed.

They can't beat the Russians, they couldn't even beat the Vietnamese. The poor

Vietnamese defeated one of the greatest powers in the world that has existed in the entire history of the man because, when sex is repressed, man becomes more dangerous, really dangerous, the boiling point inside. He wants to hit hard, he wants to be violent.

The person who is sexually satisfied is not really interested in killing. Actually, all surveys of the US Armed Forces show that at least 30% of

soldiers do not use their weapons in war. This is a large percentage. And if that much of soldiers don't use guns at all, which means they go to the line every day.

fight and come back without killing anyone, how are they going to win? Not interested in killing, they do not wish to kill. The need to kill only arises if sex is very repressed. Is weird the fact that every affluent, rich and sexually free society has been destroyed by societies

poor, backward and repressive. That was the fate of Greek civilization, Roman civilization, Hindu civilization, and it's going to be the fate of American civilization. It's very weird that that the more evolved, the more vulnerable society becomes, to the point that it can be destroyed with easier for the less evolved, because the less evolved are more repressive. Are more fools, they are more stupid, as they still continue to listen to the priests. The scene happened in last Olympic Games. In the housing of the American wrestling team, John Mack, the coach, stood up and warned his pupil about the next fight:

'You know,' said Mack, 'the Georgian fighter who is about to fight, Ivan Katruvsky, is one of the greatest fighters in the world. But he really isn't as good as you. The only thing what he has that makes him a terror is his pretzel-hold. If he catches a man with his pretzel-hold, that man is doomed. He used the pretzel-hold on 27 contestants, and each one of cases, your opponent withdrew in ten seconds.

“So listen to me Bull, you have to be very careful. never let him catch you with that pretzel-hold. Once stuck with it, you're lost!”

Bull listened carefully to Mack's instructions on how to avoid that crippling grip of Ivan. During the first three minutes of the fight, neither the American nor the Georgian could get an advantage. The crowd was on edge. Then, suddenly, it was pandemonium. bull Flamm had fallen into the clutches of Ivan's pretzel-hold and was moaning in agony. Mack knew the fight was lost and left the arena in deep anguish. At the end of the corridor, the echoes of screams Bull's anguish still caught up with him. And then, when Mack was about to enter the barracks, heard a huge scream coming from the stadium, a crowd like he had never heard in his entire long experience. The stands were in utter turmoil. It was from the screams that Mack knew Bull had won the fight, but he couldn't understand. What could have caused the unimaginable turnaround?

A minute later, Flamm trotted to the Americans' locker room. The coach played the arms around him and said:

– Bull, how the hell did you get out of that pretzel-hold?

'Well,' replied Flamm, 'he twisted me in such a way that I've never felt such agony in my life. I thought my bones were going to break. And as I was about to pass out, I saw two balls hanging in front of me. With a desperate lunge, I bit into one of those balls.

Well, Mack, you can't imagine what a man is capable of when he bites his own balls.

the buddha

Man is a seed of great potential: the seed of Buddhahood. every man is born to be a Buddha. Man is not born to be a slave, but to be a master. But there are few that realize their potential. And the reason why many fail to realize their potential is that they assume that they have already done so. Life is just an opportunity to growth, of being, of flourishing. Life itself is empty and unless the individual is creative, he is not you will be able to fill it with satisfaction. He has a song in his heart to sing and a dance to be danced, but

the dance is invisible, as is the song, even if you haven't heard it yet. It's hidden deep inside, in the deepest core of your being, and it has to be brought into the surface and put into practice. This is what is meant by “self-actualization”. Rare is the person who transforms your life into a growth, which transforms your life into a long journey of self-actualization, which becomes what it intended to be. In the East, it's called Buddha man, while in the West he is called the man of Christ. The word means exactly the same thing that the word buddha: one who has returned home. All men are wanderers in search from the home itself, but the search is very unconscious - groping in the dark, unaware exactly what they are looking for, who they are and where they are going. They follow as floating trunks, follow from unpremeditated way. And that's possible because millions of people are in the same boat, and when someone sees that millions of people are doing the same thing he is, then he deduces that must be right, since millions cannot be wrong. This is anyone's logic, but it is fundamentally wrong: millions cannot be right. It is very rare that a person is right, it is very rare for a person to realize the truth. Millions live the lives of lies, pretense lives. Existences are only superficial, they live on the periphery, totally unconscious of the center. And it is at the center that the whole is concentrated: the center of the kingdom of God.

The first step towards Buddhahood, that is, the realization of the infinite potential of the man, is to recognize that up until now you've been wasting your life, and that until now you've been completely unconscious. You have to become aware, this is the only way to get there.

It's hard, it's hard. Living an unpremeditated life is easy as it doesn't require intelligence.

Any idiot can do that. By the way, all idiots already do it. It's easy to have a life not premeditated, because, in this way, the person does not feel responsible for anything that happens. He can

always throw the responsibility onto something else: fate, God, society, structure of the economy, state, church, mother, father, country... You can continue to throw the responsibility in some someone else, and that's why it's easy.

Being aware means taking full responsibility on your own shoulders. To be responsible is the beginning of Buddhahood.

When the word responsible is used here, it does not have the common connotation of complying duties. It is used in its real essential meaning: the ability to respond. And the ability to answer is possible only if the person is aware. If you are deeply asleep, how can you answer? If it's deeply asleep, the birds will keep singing, but the person won't listen, and the flowers will keep blooming, and the person will never be able to feel the beauty, the fragrance, the joy, that spread over existence. Being responsible means be alert, aware. It means being aware. You must act with as much awareness as possible.

Even small things, such as walking in the street, eating, taking a shower, should not be made mechanically. You have to do them with full awareness.

Little by little, small acts become luminous and, little by little, these luminous acts become gather within the individual and finally… the explosion. The seed exploded and the potential made it real. The individual, then, is no longer a seed, but a lotus flower, a flower of golden lotus, a thousand petaled lotus flower.

And this is the moment of great blessing, and what Buddha calls nirvana. It's time to arrival. Now there is nothing left to accomplish and nowhere to go. You can rest and relax, as the journey is over. At that moment, tremendous joy arises and a great ecstasy.

But you have to start at the beginning.

“The West gave rise to Aristotle, Nietzsche, Heidegger, Camus, Berdyaev, Marcel and Sartre. Will it give rise to Buddhas by itself or will it be necessary to commune with the eastern consciousness?”

Buddha consciousness is neither Eastern nor Western. It has nothing to do with geography or history, just as it has nothing to do with mind. The mind is eastern, western, indian, Chinese, Japanese, German, but the purest consciousness is simply the pure sky, and no one can identify it by any means because it is not a conditioned act. What is the Orient and the is the West? Forms of conditioning, different forms of conditioning. What is a Hindu and what is a Jew? Different forms of conditioning. These are the names of illnesses. Health is neither Eastern nor Western.

A child is born and conditioning begins immediately, and through forms very subtle. Both directly and indirectly, you begin to put pressure on the child under a

given mold. She will speak a certain language, and each language has its ways of think, each language has its emphasis and a particular direction. That's why it sometimes becomes impossible to translate from one language to another. The other language may not even have words that correspond, the other language may not have observed reality and life in that way. although the life is infinite, the way man looks at it is finite, for there can be infinite ways to look at her. And then the child begins to be colored by the family, the school, the Church, by the priest, by the parents, and so on, in silence. Gradually, the entire heaven of consciousness is closed, and only a small window, a small opening is left open. This opening is Indian, English, North American. This opening is Hindu, Jain, Buddhist. The opening is western, Eastern.

To reach Buddhahood is to regain the consciousness that man brought with him in the birth. That uncontaminated purity, that original face without masks and that innocence are what make up Buddhahood. So Buddhahood cannot be oriental or Western as it is transcendental.

It's surprising that when a child grows up in a family... and every child has to growing up in a family is almost an obligation, because there is no other way,

some kind of family is required. Even if it is a community, it will have its own limitations, even a kibbutz.

will have its own limitations. And there is no way to raise a child without an environment to nurture there. This environment is a necessity, without which the child cannot survive. she needs to be careful, but you have to pay for it. It is not simple, on the contrary, it is very complex. The child it has to continually adjust to the family, because the family is "right", the father is "right", the mother I'ts right". These people are powerful, and the child is helpless. She has to depend on them, has you have to respect them, you have to follow them. The question is not whether it is right or wrong. The child needs to become a shadow, a being that imitates. That's what Hinduism, Christianity and the eastern mind are all about.

and western. And it is very subtle, so much so that the child may never be aware of it, as it is not done in one day, it happens little by little, just like the water that falls from a mountain, that falls continuously and destroys the rocks and makes the stones disappear.

The child has to adjust in many ways. This adjustment makes it false, and does not allow be authentic and true, which is disloyal to your own being. Now psychologists found that if a certain child turns out to be stupid, that may not be the case, since no child is born stupid. It may simply be the environment around you, the family, to which the child had to adjust. If the parent is too intellectual, the child will have to behave in a stupid way to maintain a balance. If the child behaves like a In a smart way, the father will be angry, albeit in a subtle way. he can't tolerate a smart child, he never tolerates anyone who tries to be smarter than he is. the father goes force the child to remain inferior despite what he continues to say. And the child will learn the trick of behaving like a fool, because when you behave like a fool, everything is fine, everything is

perfectly well. The father may show his displeasure superficially, but deep down he is satisfied. He always likes fools around him because, surrounded by fools, he is always the most intelligent.

Because of this, women have learned a trick centuries ago: they never try to be intellectuals –

husbands will not like it. Not that they're not smart, they're just as smart as men, but they have to learn. Who has never noticed this? When the woman is more educated, the husband feels a little bad about it. no man wants to marry a woman who is more educated than he, more famous than he. Not only that, but in small things too: if the woman is taller, no man wants to marry her. May be exactly why women have decided on a biological level not to be very high, and there may be some kind of psychological reason for that, otherwise they won't get a husband.

If a woman is too smart, she won't get a husband. The woman has to pretend she still is a baby, who is infant, so that the husband can feel good about supporting his wife. In a family, the child enters a prefabricated situation. Everything is ready and the child has to fit, it has to adjust to the situation. It can't be herself. When trying to be herself, always gets into trouble and starts to feel guilty. You have to adjust, whatever the cost. THE

survival is the most important thing, it's the first thing, the rest is secondary. Therefore, each

child has to adjust to family, parents, geography, history, people's idiosyncrasies, your back, to all kinds of prejudices, stupid beliefs, superstitions. By the time the child becomes aware or becomes a little independent, is so conditioned, and the conditioning has been so deep in the blood and bone and marrow that you can't get out of it.

What is Buddhahood? Buddhahood is outside of all this conditioning. buddha is one who lives as a whole, an organic whole. Buddha consciousness is transcendental. No it has nothing to do with East or West.

"What are the characteristics of an enlightened being?"

An enlightened being simply means a man who has no more questions to ask.

made in your life once everything is resolved. an enlightened man means a man who is constantly in the same state of silence, peace and contentment, whatever happens outside: success or failure, pain or pleasure, life or death. an enlightened man is that who experienced something that all people are capable of, but which they have never tried. That man is full of light, full of

joy, full of ecstasy, 24 hours a day. It's practically a drunk drunk with the divine. Your life is a song, your life is a dance, your life is a happiness. And your presence is a blessing. And whoever wants to meet him has to be with him. Do not can watch it from the outside. You have to get close. It is necessary to enter a state of intimacy. You have to join his caravan and hold his hand. You have to feed from it and allow it to enter the heart. However, please don't try to find any features.

from the outside, as these are inward experiences.

But some indications can always be given. Being close to being enlightened causes But some indications can always be given. Being close to being enlightened causes people feel a certain magnetic force, a tremendous attraction, a charismatic center.

One who is motivated by fear cannot come close. It's dangerous to get close to a man enlightened, because once a person has come close, he cannot leave afterward. To arrive close is risky. It's just for gamers, not business people.

# PART

# 4

the new man

Some time ago, when I visited the Kennedy Space Center in Florida, USA, I got to know the last word in science for the exploration of outer space and the creation of “a better man”.

My vision is focused on creating the “new man”. The vision of the “better man” is the launch pad for the richest and most powerful nation in the world. My vision is the disk flying into the new consciousness, and is still doomed by one of the poorest nations in the world.

One is matter and the other spirit. What is going on?

The idea of a better man is an old idea, very old, as old as the man himself.

men. Everyone is willing to accept a better man because there is no need to no radical change. A better man means something added to man: he it remains the same, in a situation of continuity, that is, there is no discontinuity. And it becomes get richer and better. The idea of a better man is rooted in greed, which is why every world supports it. Rich countries will support it, poor countries will support it. India was totally in favor of Mahatma Gandhi because he was trying to generate a better man. the idea of a a better man is reformatory, not revolutionary. But the idea of a new man is dangerous, it takes courage. The basic requirement is that what is old in man must die for then man is born again. It is a rebirth. And that's why I'm opposed. AND

it is not just in India that they oppose me and slander me, but also anywhere in the world. Even if you are in Florida, USA, the same will happen. In fact, there's more possibilities of opposition in a richer and more powerful country than in a poor and hungry country, for the simple reason that millions of Indians have no idea what is going on here at Western world. They don't

have time, they don't have interest. The birth of a new man is not a vital question for them. The vital problem of the Indian people is how to survive, and the issue here it's the birth of a new man! They don't even have the conditions to survive. Your problems are totally different. They are sick, they are hungry, the children are ignorant, the adults they're unemployed, they don't have a piece of land, they don't have food, they don't have shelter. And the

are people talking about a new man? Indians are not interested, this is not the their problem.

However, if I talk about the new man in the United States, I will be killed right away, or stuck. I will not be tolerated at all because I am a danger to the way of life American as a whole.

The American way of life is based on ambition, and my new man has to be totally devoid of ambition. The general approach in the United States is this: things should be improved, everything must be done better. It doesn't matter where it goes, but things they have to get better, better and better. Americans are obsessed with the idea of improve things. It takes more speed, better machines, better technology, better railroads, better roads, everything better! And, of course, in the same way, it takes a man best. And one that fits into the American lifestyle as a whole. the man is also considered a commodity. Just as there is a need to generate better cows, dogs better, better cars and better planes, there is a need to create a better man!

There is no difference, and the logic is the same.

The subject dealt with here is a new man. The new man is not necessarily the man best. He'll be livelier, happier, more alert, but who knows if he'll be better or not? As far as the opinion of politicians is concerned, the new man is not going to be any better, because he won't be a better soldier, he won't even be ready to be a soldier. Will not be competitive, and the whole competitive economy will collapse. will not be interested just accumulating garbage, and the economy as a whole depends on it. All agencies of advertising produce in the minds of Americans the idea of acquiring more and more garbage.

The new man will have a totally different outlook on life. Will live more based on love, because for him love is wealth. You will know that money cannot buy the love or joy. You will know that money is a utility, not a life goal. the entire system American is based on doing better. "Make it better!" What is being done is not question. "If you're killing people, do it the best way!" See what happened in Hiroshima and Nagasaki: The United States Really Made It Better Than Anyone Ever have done. "Get to the moon!" Nobody asks why. The one who asks is taxed with crazy, these questions shouldn't be asked. The only question worth asking is: "How get to the moon better than anyone else? Defeat Russia. It must be a north-American the first to set foot on the moon." And for what? It does not matter. I, however, can't understand that position. The American standing on the moon looks so silly! But this is the way as they think, it's American philosophy: "Even if it looks silly, make it look like a better way. Defeat everyone else!" my new man means the end of the old world. And why is the new man criticized? He was always criticized. Jesus was killed because he talked about the new man, not the better man. Jesus told Nicodemus: "Unless

you are born again, you will not enter the kingdom of God." Jesus insisted that, first, man has that to die to the past and, only later, will it be possible to arise a new consciousness in it. He was crucified. It is worth remembering that Socrates spoke of a new man. Why do such educated people make them so animalistic, so barbaric as to kill a man like Socrates? he talked about the new man. If he had talked about the better man, he probably would have been revered.

Those who spoke about the better man were always revered, because they wanted to say that the past was beautiful, but it could be even more beautiful. They are not against the past, nor against

conventions, nor against traditions, on the contrary, are in their favor. The tradition has to be the foundation, and on that foundation a better temple, a better house, can be built.

It's dangerous to talk about the new man. A new man means moving completely away from the past, interrupting, pulling yourself completely out of the past in the bud, dying to the past and live in the present. And old habits

die with great difficulty. People are used to hearing about a better man, it is part of the blood circulation itself.

Every saint, every mahatma talks about the best man, it is known to be part of their business.

But what about the new man? This causes fear. The new man brings something absolutely new, it takes people into the territory of the unknown, and tries to uproot them from what is familiar. And the people live for thousands of years in a certain way, are conditioned by it, do part of it. Only very few people manage to get out that way. And that's why my message will be restricted only to the chosen few. It's good to remember that old habits they die with difficulty, and religions and philosophies are very old, styles are very old.

And I am in favor of the new. People think the old is gold, while I say the old is just garbage! I agree with Henry Ford that the story is nonsense. It's all a lie! It's needed free man from everything that has gone before and in a total, absolute and categorical way.

– Mom, why did you marry dad?

– Oh! - Answers the mother. – So you're wondering too!

– I don't know you from Texas?

– I've never been to Texas.

- Me neither. I think it must have been two other people.

These drunks, these unconscious people have taken over all of humanity. crazy and drunks were the decision-making factors of the past. Awakened people were never heard. At awakened people cannot talk about improving man. It's like telling a person

sick: "I'll give you medicine to improve your illness." The sick person does not want to improve their disease, wants to get rid of it, wants to get healthy.

“I've heard that meditation is sometimes described as a science and sometimes as an art, and in a certain on occasion you even called her a special talent. Please give me an explanation.”

Meditation is so mysterious that it can be called science, art, talent, without any contradiction. From one point of view, it's a science, because it's a clear technique.

that needs to be performed. There are no exceptions to this, it's practically like a scientific law.

However, from a different point of view, it can also be considered as art. science is a extension of the mind, and it is mathematical, logical and rational.

Meditation belongs to the heart, not the mind, and it is not logical as it is closer to the heart.

It's not like other scientific activities, but more like music, poetry, painting, dance. So could be called art. But meditation is such a mystery that calling it “science” and

“art” does not exhaust the potential of its definition. It's a special talent, which you may or may not have. O

talent is not science, it cannot be taught. Talent is not art. Talent is what's more mysterious in human understanding.

For example, you might come across other people... Sometimes someone has the talent of become friends immediately. Just find that someone on the bus for a few minutes moments for you to suddenly feel like you've known him forever, maybe for many lifetimes.

But you can't identify what's going on, because you've just seen this person through the first time. Talent is something mysterious that only a few people have.

I knew a man who could make his earlobes move! Never

he had found no one else that could move his earlobes. What do you call it? IT'S

science or what? I even questioned doctors:

– What about moving earlobes?

“It's impossible,” said the doctors.

But I took the friend to a doctor and asked him:

– Show the doctor...

- My God! – exclaimed the doctor. – It moves the ear lobes very easily, no problem.

In fact, the lobes do not have the biological capacity for movement, and man does not have control over them. Just try to realize that there is no way to have control. the lobes belong to man, but they do not follow any order that man tries to give.

However, I know a man who can, and I asked him the following question:

- How can you do that?

- I do not know. I just know that I've been doing this since I was little - he replied.

It's absolutely impossible, physically impossible, because to move these lobes, it's necessary that there is a certain nervous system to control them, and that nervous system does not exists in that region. The lobe is just meat.

Meditation, ultimately, is a special talent too. That's why there are so many years people meditate and teach to meditate, but very few reach the heights through the meditation, and fewer people even try. Much of humanity doesn't even care to think about it. It's something... a seed that the individual is born with. nothing will happen to one who does not have the seed, though a master may water him with all his ecstasy. At the However, for the one who has the seed, the presence of the master is enough, the way he looks in your eyes, for

something of great importance to happen to you, like a revolution that does not can explain to anyone.

It is one of the greatest difficulties for all meditation practitioners not to be able to explain to friends and family what they are doing... because most of humanity is not not interested in that at all. And those who are not interested in this at all they simply think that people interested in meditation have a screw loose in their heads, that something is wrong.

"Sitting in silence, doing nothing, spring comes and the grass grows by itself", but in First of all, why bother with the grass? Basho's beautiful haiku will look like absurd. The grass will grow by itself whether someone feels silent or not! why waste time? After all, the grass will grow on its own. Let spring come, spring comes like this

how the grass grows, alone. Why waste time? Do something else in the meantime.

If man doesn't already have something in his heart, a little seed, then it's impossible for he. He can learn the technique, he can learn the art. But if there's no special talent, it won't be successful. So, thousands of people start doing meditation, but very few, so few that can be counted on the fingers reach the state of enlightenment. And unless the meditation becomes a state of supreme bliss, one will simply have wasted your time.

"What are the signs that someone is going deeper into meditation?"

There really is no mileage marking as there is no fixed road. People they are not on a single road, each is on a different road. Even several people are following the same meditation technique, they are not on the same road, neither can they be. There is no public path. Each journey is individual and personal. Therefore, the one individual's experiences will not only be useless to another person, but possibly harmful.

One person can see something in the path of another. Although the first may tell the second that this is the sign of progress, the second may not find the same sign in its path. At same trees and rocks may not be in your path. Therefore, we need to pay attention to don't be a victim of all this nonsense. Only certain inner feelings are relevant.

For example, when the meditative state progresses, certain things will start happening so spontaneous. One is that the individual will feel more and more contentment. In fact, when meditation is done fully, the individual is so happy that he forgets to meditate, since meditation takes some effort and translates into discontent. if not on a certain day the individual forgets to meditate and does not feel any need or lack of it and, on the contrary, you feel satisfied like never before, so it's good that you know it's a good sign. There is many people who do meditation and who, when they do not meditate, are subject to the occurrence of a strange phenomenon. When you meditate, you don't feel anything. When they stop meditating, feel a gap. When they meditate, nothing happens to them. When they don't meditate, they feel that something is missing.

This is just a habit. How to smoke, how to drink, like anything, that's just one habit. Meditation should not be made a habit. Keep it alive and intense! So the dissatisfaction will fade away and the person will feel contented. And not just while meditating. If something happens only while a person is meditating, it's false, it's hypnosis. results into something good, but it won't be too deep. It's good only in terms of comparison. if nothing is happening, that is, no meditation, no moment of supreme bliss, the person doesn't need to be worried. If something is happening, don't get attached to it. If the meditation is taking place in a correct and profound way, the person will feel

transformed throughout of the whole day. A subtle contentment will be present at all times. Anything that whatever you are doing, the person will feel a calm center within him – contentment.

Of course, there will be results. Anger will be less and less possible. It will continue to disappear.

Because? Because anger reveals a non-meditative mind, a mind that is not at ease with herself. That's why a person gets angry at other people. Basically, the person gets mad at herself. The fact that you are angry with yourself makes you angry with the

others.

Have you ever noticed that people are only angry at those they are intimate with? How much the greater the intimacy, the greater the anger. Because? The greater the distance between people, the smaller will be the anger between them. Nobody gets mad at a stranger. You get angry with the wife, with the husband, with the son, with the daughter, with the mother. Because? why human beings get angrier with the people you are most intimate with? The reason is: the human being is angry from yourself. The greater the intimacy between two people, the greater the identification between them.

Whenever you are angry with yourself, the person will throw their anger at someone else next. That someone has become part of the person. With meditation, the person will become more and more happy with herself. And it's good to remember: with yourself.

It's a miracle when someone becomes happier with themselves. For the vast majority, or if is happy with someone or angry with someone. When someone becomes happier with themselves means you are really falling in love with yourself. And when the person is in love with herself, it's hard to be angry. The whole thing becomes nonsense. Less and less anger will be there and in the place, you will have more and more love and more compassion. These will be signs, the common signs.

So don't think you're getting too much if you start to see a light or if you start to see beautiful colors. It's very good, but don't be satisfied if there are no

psychological changes, such as: less anger and more love, less cruelty and more compassion. unless that If anything, seeing lights and colors as well as hearing sounds is just child's play. Lights, colors and sounds are beautiful, very beautiful, and it's great to play with them, but they're not the purpose of meditation. They happen on the road, they're just by-products, but they shouldn't be a reason of worry. Many come to me and say, “Now I see a blue light. What is the meaning of that sign? How much progress has I made?” A blue light will not serve because the person's anger is giving a red light. Basic psychological changes are significant, so don't waste your time behind toys. These are toys, spiritual toys. These things are not the ends in themselves.

In a relationship, the man must watch what is happening. how is the man behaving with his wife right now? He must watch. Are there any changes? That change is significant. How is the man behaving with his employee? There is some change? This change is significant. And if there is no change, then it should be thrown away the blue light, as it is useless. Man is cheating and can go on cheating. These they are easily found tricks. That's why a so-called religious man begins to feel religious: for now he is seeing this and that. However, it remains the same, and becomes even worst! Your progress must be watched in your relationships. The relationship is the mirror: you can see your face there. It must always be remembered that the relationship is the mirror. If the meditation is deep, relationships will become different, totally different! Love it will be the keynote of relationships, not violence. As it is, violence is the keynote.

Even if the person just looks at someone, that look is violent. But the person is used to

To this. Meditation for me is not child's play, but a profound transformation.

How to know this transformation? It is reflected every moment in relationships. If one person tries to possess someone, then that person is violent. How can a person own someone?

If a person tries to dominate someone, then that person is violent. how can a person dominate another? Love cannot be mastered, love cannot be possessed. Therefore, the person

you must be attentive and observe everything you are doing and then continue the meditation.

You will soon start to feel the change. Now, there is no possessiveness in relationships.

Little by little, it disappears, and when it's not there anymore, the relationship will have a beauty own. When possessiveness is there, everything becomes dirty, ugly, inhuman. And people are so deceitful people who don't look at themselves in relationships, for there the true face can be View. So they close their eyes to their relationships and continue to think that something is going to be seen from the inside. You can't see anything inside. That's because, first, you'll feel your inner transformation in external relationships, and then go deep. Only later will start feeling something inside. So, go deeper, penetrate your relationships, and watch them to see if the meditation is progressing or not.

If you feel a growing love, an unconditional love, an unreasonable compassion, a deep concern for the health and well-being of all, it is because meditation is progressing. So forget all other things. With that observation, it will proceed to observe many things in yourself. You will be more silent and less agitated inside. When if there is a need, he will speak; when there is no need, he will be silent. How is the case at this moment: cannot be silent inwardly. You will feel more comfortable, more chilled out. Whatever you are doing will be a relaxed effort, there will be no tension. Will stay less and less ambitious. Finally, there will be no ambition. Even the ambition of achieve moksha (Hindu term referring to freedom from the cycle of rebirth and death and to spiritual enlightenment) will not be there. When the person feels that even the desire to achieve the moksha has disappeared, it is because it has reached moksha. Now she is free, because desire is a slavery. Even the desire for release is a bondage. And even the desire to have no desire is a slavery. Whenever the desire for something disappears, the person moves towards the unknown. Meditation has come to an end. Hence, sansar (world) is moksha: this very world is liberation. So this margin is the other margin.

# The warrior

“How can I be an entrepreneur, a professional and, at the same time, a warrior? I will lose the state of happiness

supreme?”

Being a warrior does not mean being a soldier, it is a quality of mind. the individual can both being a businessman and being a warrior, and being a warrior and being a businessman.

"Entrepreneur" means a quality of mind that is always bargaining, trying to give less and get more. This is what I mean when I say "businessman or businessman": the one who tries to give less and get more, who always bargains, who always thinks of profit. One warrior, in the same way, is a quality of the mind, the quality of the player, not the quality of the negotiator, is the quality that can bet everything this way or that, that is, a mind that does not commit. If an entrepreneur thinks about lighting, they think of it as a commodity, like many others. He has a list: he has to build a big palace, he has to buy this and that and, in the end, you also have to buy enlightenment. But she is always the last: when it's all over, then, when there's nothing else to be done, then. and this lighting also has to be purchased, because the entrepreneur only understands the language of the cash.

It happened that a great and rich man went to Mahavira (founder of Jainism). He was really rich, and could buy anything, even kingdoms. Even kings took money from him borrowed. He went to Mahavira and commented:

– I have heard a lot about meditation. During the time you've been here, you created a fever in people: everyone is talking about meditation. What is meditation? How much does it cost? Can I buy it?

As Mahavira hesitated, the man argued:

– No need to think in terms of cost. Just say it, and I'll pay. There is none problem regarding that.

How to talk to this man? Mahavira did not know what to say to the man.

Finally, Mahavira replied:

– Go… There's a man in your town, a very poor man. he may be willing to sell your meditation. He got it, and he's so poor he might be ready to sell it.

The man thanked him, ran after the poor man, knocked on his door and asked:

– How much do you want for your meditation? I want to buy your meditation.

The poor man started to laugh and said:

– You can buy me, fine. But how can I give you my meditation? Is quality of my being is not a commodity.

But entrepreneurs have always thought that way. Donate to buy something, create temples to buy something. They donate, but in fact it is never a donation itself, as it serves always to get something in return, it's an investment.

When I say for someone to be a warrior, I mean a player, to put everything into game. With that, the state of ultimate happiness becomes a matter of life and death, not of commodity, and man is ready to ruin everything for it. And you're not thinking about profit.

People come to me and ask me, “What are we going to gain from meditation? What is the purpose of that? What will be the profit from this? What will be the gain if an hour is dedicated to meditation?" Their lives as a whole are based on economic and financial issues.

The warrior is not after gain. It is behind the highest top, behind the maximum that

experience can give you. What does a warrior gain when fighting a war? The soldiers they are no longer warriors, they are just servants. There are no more warriors on this Earth because the current warfare is done through technology. A bomb fell on Hiroshima, but its fall did not was executed by a warrior. Any kid can do it, any freak can do it.

In fact, only a freak can really do that. Dropping a bomb on Hiroshima no it is to be a fighter or a warrior. War is no longer the same as it was in the past. In the days of today, anyone can go to war and, sooner or later, will only devices mechanics. Pilotless planes can be used, but the plane is not a warrior. The quality is lost.

The warrior faced, faced the enemy, face to face. just imagine two people facing swords drawn: can they think? If you stop to think,

will lose. When swords are drawn, thought stops. the warrior cannot plan, because if you plan, at that moment, the other will reach you. they move spontaneously, they are in the state of no mind. The danger is so much, the possibility of death remains so close that the mind cannot function. The mind needs time, so much so that in In emergency situations the mind is not allowed to operate. When sitting in a chair, the individual can think, however, when facing the enemy, he cannot. When passing through a street, a dark street, and suddenly you see a snake, a dangerous snake lying there, which

attitude to take? Start thinking? No, anyone will run away. And the reaction doesn't come from mind, because the mind needs time, and snakes don't have time, they don't have mind. the snake will attack the individual and therefore the mind cannot be allowed to operate. When facing a snake, the person runs away, reaction of his being, and that precedes thought. She runs first, then think.

That's what I mean by warrior quality: action comes without thinking, action doesn't count on the mind, the action is total. Anyone can become a warrior without going to war, no need to go to war.

Life in its entirety is an emergency, and everywhere there are enemies and snakes and animals ferocious savages ready to attack people. Life as a whole is war. The individual who is alert will realize that life as a whole is a war and that, at any moment, it can die, and that's why the emergency is permanent. Be alert, be like a warrior, as if he were moving through the enemy. Anytime, anywhere, the death can jump on you. And it must not allow the mind to act. Be a player, since only players can understand your escape. So much so, that those who think of profit they cannot understand. It's a risk,

the biggest risk, because it's possible that lose everything and nothing can be gained. When someone comes to me they can lose everything and they can't earn nothing. I will repeat the words of Jesus: “Whoever clings to life, whoever try to preserve it, will lose it, and whoever is ready to lose it will preserve it.”

That's a player's language: miss it, that's the way to preserve it; die, that this is the way to reach eternal life, immortal life. When I use the term entrepreneur here, it's in the sense of a cunning and calculating mind. People shouldn't be cunning minds. If for one on the other hand, the child is never a businessman, on the other hand, it is difficult to find an elderly person who is not a businessperson. Every child is a warrior and every old man is a businessman. like whole warrior becomes a businessman is a long story: the whole society, education, culture and conditioning make the individual more and more fearful, afraid.

He cannot take the risk, and everything beautiful is risky. Love is a risk. Life is a risk.

God is a risk. God is the biggest risk, and it's not through mathematics that he will be reached, but at risk, putting everything at stake. As the unknown is unknown, you risk the known and have no idea of the unknown.

The business mind will say, “What are you doing? Putting what you have for what nobody knows if exists? Preserve what's at hand and don't crave the unknown.”

The warrior's mind says: “The known is already known, and there is nothing to it. It became a burden, and loading it is useless. The unknown must be known now, and the known must be risked for the unknown."

And whoever can risk it must risk it totally, without preserving anything, without deceiving itself himself, refusing anything, and suddenly the unknown will envelop him. And when the unknown

comes, the individual becomes aware that he is not just the unknown, he is the unrecognizable. It is not against the known, it is beyond the known. To move in this darkness, to move in this unexplored place with no map and no

defined routes, to move alone in a way absolute, one must adopt the warrior quality. Many still have a little of this because a day were children. All were warriors, all dreamed of the unknown. childhood is hidden, but cannot be destroyed. It's there, it still has its own corner in everyone's being.

Allow her to act. Just allow yourself to be a child to be a warrior again. this is what i what I mean to say. And no one should feel depressed because he runs a store and is an entrepreneur. No he must feel depressed because he can be a warrior anywhere. Taking risks is a quality of mind, a childlike quality, is trusting and moving beyond what is safe.

The greatest warrior has nothing to do with war. It has nothing to do with fighting the others. You have something to do inside of you. And it's not a fight, although it does bring victory. It is not a war is not a conflict. But it is necessary to be a warrior because the human being has to be very alert, like the warrior.

One must be very vigilant and very meditative, because if one is moving in the darkest continent of existence... Finally there is light, infinite light, but first it is necessary go through a great dark night of the soul. There are all kinds of traps, all possibilities of deviation and there are all kinds of internal enemies. These enemies must not be killed or destroyed, on the contrary, they must be transformed, converted into friends. Anger has to be transformed in compassion, desire has to be transformed into love and so on. So though it is not a war, man must be a warrior. This is how, in Japan, the the whole world of the samurai, the warrior, came from meditation, and all kinds of martial arts became they became paths to inner peace. Fencing has become one of the best ways to meditation in Japan. Man must be very alert, because a single moment of lack of conscience to be finished. The true fencer has become so alert that before the other person attacking him, he knows he's going to be attacked. Even before the thought of the attack crossed the opponent's mind, he is prepared. Is ready. His vigilance becomes so deep that he begins to read the thoughts of the rival. They say that when two real samurai fight, nobody can win. The fight can go on, but no one can win, because both will be reading each other's minds. And before one attack, the other is ready to defend itself. THE

fencing has become one of the greatest sources of illumination. It sounds strange, but Japan made a lot of really weird stuff. From the habit of drinking tea to the practice of fencing, everything has been transformed in meditation. In fact, life as a whole can be turned into meditation once that meditation simply means becoming more aware. Therefore, man needs to

go back inside and be more aware. One day the victory will be yours, with absolute certainty. Only fulfill the requirement: be fully aware.

Once a Zen samurai, a Zen warrior, came home early from the battle line, and Once a Zen samurai, a Zen warrior, came home early from the battle line, and found a servant making love to his wife. Being a Zen man, he said to the servant:

– Don't worry, just finish your work. I'm waiting outside. You will have to bring a sword in your hand and fight me. It's perfectly all right whatever it is happening. I'm waiting outside.

The poor servant began to tremble. Besides he doesn't even know how to hold a sword, you master was a famous warrior and would cut off his head in a single blow. So ran through the back door towards the Zen master, who was also the master of the warrior. and told the teacher:

– I'm in trouble. It's all my fault, but it happened.

The master heard the story and said:

– No need to worry. I will teach you how to hold the sword. and would like to also tell you that it doesn't matter that your master is a great warrior. All that matters it's spontaneity. And in spontaneity you'll be the best, because he seems to be thinking confident: there is no doubt that this servant will not survive. It will be practically like a cat playing with a mouse. So do not worry. Be total, and hit him hard, because this is yours only chance for life, for survival. So don't be intimidated, don't be conditional, thinking that maybe he can forgive you. He will never forgive you. You will have to fight him. You the provoked and challenged him. But no problem: from my point of view, you will end up winning.

The servant couldn't believe it, so the master told him:

– You must understand that I am your master's master too, and I know he will behave like according to your training. Knowing perfectly well that he's going to win, he can't be unconditional, and you have no choice but to be unconditional. Just be full. Like don't know where to hit, how to hit, so hit anywhere. Just go crazy!

– If you're saying it, I'll do it. In fact, there's no chance I'm surviving, so, why not do it fully? – said the servant.

Seeing that the time had come, he learned how to hold the sword, came back and challenged your master:

– Now let's go!

The samurai could not believe it. He thought the servant would fall at his feet, cry, spill tears and say, "Just forgive me!" However, instead, the servant roared like a lion, wielding a Zen master's sword! The samurai recognized the sword.

– Where did you get that? - Asked the samurai.

– From your master. Now come, let it be decided once and for all. or i will survive or you will survive, but both are not possible - clarified the servant.

The samurai felt a small tremor in his heart, but he still thought, “How can he do that? It's been years of training... I've been fighting wars for years, and this poor servant...” But then he had to draw his sword.

The servant really does go mad. Not knowing where to hit, it started hitting here and there and just.... The samurai was at the loss, as he could fight any warrior he knew

how to fight, but that man didn't know anything and was doing all sorts of things! the servant the pushed against the wall and the samurai had to beg:

- Please forgive me. You'll kill me. You don't know how to fight. What are you doing?

– It's not a matter of doing. It's my last chance, and I'm going to do it fully -

declared the servant.

The servant was the winner, and the warrior also went to the master and said:

– What miracle did you do? In five minutes the servant became a big warrior, and with blows so stupid they could have killed me. He doesn't know anything, but could have killed me. He pushed me against the wall of my house, his sword to my chest.

I had to beg to be forgiven and I told him that whatever I was doing was right.

and could go on.

– You have to learn a lesson, which is, finally, fullness, the unconditional absolute...

it doesn't matter whether it brings defeat or victory. What matters is that man was full, and man full is never defeated. Your fullness is your victory - said the Zen master.

# The player

"What does it mean to live dangerously?"

Living dangerously means living. If he doesn't live dangerously, man doesn't live. the live it thrives only on danger. Living never thrives on security, only on insecurity.

If man starts to feel secure, he becomes a stagnant well. Then your energy it doesn't move anymore. Then you get scared, because you never know how to go to the unknown. And why take the risk? After all, the known is safer. And then the man becomes obsessed with what is familiar. Get angry about it, get bored, feel unhappy, but still so it feels familiar and comfortable. At least it's known. The unknown makes him shiver. THE

The very idea of the unknown makes you start to feel insecure.

There are only two types of people in the world. On the one hand, people who want to live on comfortable form… These are seeking death, and they want a comfortable grave. On the other hand, the people who want to live. They choose to live dangerously, because life prospers only when there is risk. Who hasn't climbed mountains? The higher the climb, the fresher and younger the person feels. The greater the danger of falling, the greater the abyss to the side, the more alive the person you are... between life and death, when you are suspended between life and death. Not in this moment there is no boredom, no dust from the past, no desire for the future. The present moment is very strong, like a flame. That's enough. Man lives in the here and now… Surfing, skiing or flying hang gliding, wherever there is a risk of losing one's life, there is enormous joy, since the risk of losing his life makes man feel intensely alive. Hence people are attracted by dangerous sports.

People go up the mountains. Hillary is asked:

– Why did you try to climb Everest? Because?

“Because he's there, it's a constant challenge,” Hillary replies.

It was risky, many people had died before. It was about sixty or seventy years ago which groups practiced this climbing, and it was practically certain death. But still people

continued the task. What was the attraction?

Get higher, get further away from the established, routine life, go back to being wild, go back to being part of the animal world, go back to living like a tiger or a lion, or like a river, fly back like a bird in the sky, higher and higher. And, at each moment, the security, the balance banking, wife, husband, family, society, Church, respectability, they are all fading, farther and farther, becoming farther and farther away. And man becomes lonely. That's why people are so interested in sports. But that's not real danger, as the person can become very skilled. There is how to learn and train for this.

In my opinion, it's a very calculated risk. You can train to do mountaineering and, therefore, take all precautions. Or to drive vehicles at high speed. He can-if you reach 160km per hour. It's dangerous, exciting. However, it is possible for the person to become really skilled at what she does, and the danger is only to outsiders, but not to the skillful person. And even though the danger is there, it's only marginal. And then these risks are just physical risks, it's just the body that's involved.

When I say for people to live dangerously, I mean don't just take risks bodily risks, but also psychological risks and, finally, spiritual risks. religion is a risk spiritual. There are times when there may be no turning back.

When I say "live dangerously", I mean not to live the life of respectability common: being the mayor of a city or a member of the cooperation. This is not life. or the person is a minister or has a good profession and earns well, and the money accumulates in the bank so that everything works out. When everything is fine, the person simply needs to pay attention for this: that she is dying and nothing happens. Others can respect her and even when she dies, a great procession will follow her. Well, that's all. And in the newspapers your photos will be published and there will be editorials about it and then people will forget about it. And she lived all a life just for these things.

Pay attention: a whole life can be lost for common, mundane things. to be spiritual it means understanding that these little things should not be given too much importance. Not that that is, they are unimportant I mean, yes, they are significant, but not that significant as most people think. Money is needed. It's a necessity. However, the money is not the goal, and it cannot be the goal. A house is needed, of course. Is necessity. I'm not a devotee and I don't want people to destroy their homes and flee to the Himalayas. The house is necessary, but the house is necessary for the individual. Don't get it wrong. Of the way people are, the whole thing has gone upside down. People exist as if were needed for the house. They keep working for the house. Likewise, as if needed for the bank balance, as they accumulate money and then die. Without have never lived. They never had a single moment of vibrant and throbbing life.

They were trapped in security, familiarity and respectability. So if someone

feel bored, it's normal. People come to me and say they feel very bored.

They feel tired, stuck. What to do? They think that just repeating a mantra to become alive again. It is not that easy. They're going to have to change their entire standard of living.

The man can love, but he must not think that tomorrow the woman will be available to him.

You shouldn't wait for that. You cannot reduce a woman to a wife. hence he is living dangerously. A woman must not reduce a man to a husband, because a husband is an ugly thing.

It is necessary to let the man be your man and, in the case of the man, let the woman be yours women. And don't make tomorrow predictable. Expect nothing and be ready for anything. That is what I mean when I say to live dangerously. What to do? the man falls in love by a woman and immediately goes to the registry office or to the Church to get married. I do not say for people who don't get married. It's a formality. Well, it's a satisfaction for society.

But deep in the mind the man must never possess the woman. never for a moment not even say, "You belong to me." How can one person belong to another? Furthermore, when man begins to possess woman, woman begins to possess man. Hence, none of the two is more in love with the other. They're just destroying themselves, killing each other, paralyzing each other.

Love, but don't degrade your love through marriage. Work, work is necessary, but don't let work become your only life. The game must keep man's life, the center of your life. Work must be a means to play. Work in the office, in the factory and in the store, but just to have time, opportunity, to play. Life must not be allowed to be reduced to just a routine of work, as the aim of life is to play. Playing means doing something for the own good.

People come to me to meditate, and even that is their job. they think it is I need to do something to reach God. It's nonsense. Meditation cannot be done like this

form. You have to play, you have to adopt it as fun. You don't have to take it seriously. It's needed enjoy. When a person enjoys, meditation progresses. When the person starts to see it as work, as a duty to be done - to do it because you have to do it, you have to achieve moksha, nirvana, liberation – it's because it brought its foolish conditioning back into the world of game.

Meditation is a game, it is a leela. The practitioner uses meditation for his own good.

The man, enjoying much more things for his own good, will feel more alive. of course your life will always be at risk, in danger. But that's how life has to be. The risk is part of life. In fact, the best part of life is risk, the main part of life is risk. the most part beautiful life is the risk. Every moment is a risk. Man may not be aware of this. O

breathing in and out are risky. Even in the act of breathing, who guarantees that the breath will come back? It's not right, there is no guarantee. But there are some whose religion is based on security. Until when they talk about God, they talk about God as the ultimate security. When they think about God,

they think only because they are afraid. When you go to pray or meditate, you only go with the intention to keep the teachings of the good books, the good books of God. "If there is a God, he will know that I was a regular churchgoer. I can claim it." Even your prayers are just one means. Living dangerously means living life as if each moment were yours own end. Every moment has its own intrinsic value. And the man is not afraid.

He knows that death is there and accepts the fact that death is there, as well as not hiding from it. At True, man goes and meets death. Man enjoys physically, psychologically and spiritually these moments of encounter with death.

Enjoy these moments when you come directly in contact with death, when it becomes makes it almost a reality, is what I mean when I talk about "living dangerously".

Love brings man face to face with death. Meditation puts man face to face with death. To go to a master is to go to one's own death. Being in front of someone who has missing is entering an abyss where you can get lost, and become someone who never returns. Those who are brave, dive in headfirst. They go out in search of all danger opportunities. Their philosophy of life is not that of insurance companies. Your philosophy of life is that of a climber, a glider, a surfer. And they don't just surf in the outside seas, but also in the deeper seas. And they don't just climb outside in the Alps and Himalayas, but also seek hidden peaks. But it's good to remember one thing: never if forget the art of taking risks, never, ever. Always maintain your ability to take risks. AND

whenever you can find an opportunity to take a risk, never let it pass. Acting like this, you will never be a loser.

Risk is the only guarantee of being really alive.

The creator

"In the past all famous artists were well known for their bohemian lifestyle. Can you please, talk about creativity and discipline?"

The bohemian life is the only life worth living! All other lifestyles are just lukewarm, are more ways to commit slow suicide than ways to live life with passion and intensity. In the past, it was inevitable that the artist had to live in rebellion, because the creativity is the biggest rebellion of existence. Whoever wants to create has to get rid of all conditionings, because otherwise creativity will be nothing but a copy, the creativity will be just a carbon copy. It is only possible to be creative if the person acts individually. You cannot create as part of collective psychology. The collective psychology or Pasta lacks creativity as it lives a life that is more of a burden. Do'nt know no dancing, no music, no joy, and besides, it's mechanical. of course there are some things that people get from society only if they are mechanical. THE

the respectability they will acquire, the honors they will receive. Universities will grant them with doctoral degrees, countries will give them gold medals, and may finally be awarded the Nobel. But this is all horrible. A real genius man will discard all this nonsense, because that's bribery. Giving a person the Nobel Prize simply means that their services in relation to what is already established, they are respected, which is honored because it has been a good slave, obedient, who did not deviate, who followed the well-trodden path. the creator cannot follow the well-trodden path. You have to go out in search and find your own way. Have to delve into the jungles of life, and have to go it alone, abandoning the mind of the masses, psychology collective. The collective mind is the lowest mind in the world. Even so-called idiots are a little superior than collective idiocy. But the collectivity has its own means of bribery, respecting and honoring people who continue to insist that the path of collective mind is the only correct one.

It was by absolute necessity that, in the past, breeders of all kinds, such as the

It was by absolute necessity that, in the past, breeders of all kinds, such as the painters, dancers, musicians, poets, sculptors had to renounce the respectability. They had to live a kind of bohemian life, the life of a bum, since it was the only way to be creative. It doesn't need to be that way in the future. If possible understand this, if it is possible to see that what is being said is true, then in the In the future, everyone must live individually, and

there will be no need to have a life Bohemia. Bohemian life is the by-product of a fixed, orthodox, conventional and respectable life.

My effort is to destroy the collective mind and make each individual become free, the order to be himself. Afterwards, there will be no more problems, because afterward, he can live life like he wants. In fact, humanity will only really be born on the day the individual is respected in his rebellion. Humanity is not yet born, it is still in the womb. what is seen as humanity it is merely a phenomenon of pure deception. unless given freedom individual to each person, absolute freedom to each person to be himself, to exist from his its own way... And of course, it must not interfere in the lives of others, as this is part of the freedom. Nobody should interfere in anybody's life.

However, in the past, everyone poked their nose into everyone else's affairs, even in things that are absolutely private, that have nothing to do with society. For example, the man falling in love with a woman. What does this have to do with society? It's a phenomenon purely personal, not a market phenomenon. If two people agree to communion in love, society must not meddle. However, society intrudes with all its paraphernalia, both directly and indirectly. The policeman will place himself between the lovers, the judge will stand between the lovers and, as if that wasn't enough, the societies created a supercop, God, who's gonna take care of the couple. The idea of God is that of a voyeur like it even allows the man privacy in his own bathroom, and who always looks through the hole in the lock to watch what they're doing. This is ugly. All religions in the world say that God watches men continually. This is ugly. What kind of God is this? He does not have any other business than watching and following everyone? Seems to be the most detective supreme!

Humanity needs a new soil, the soil of freedom. Although the bohemian was constituted as a reaction, a necessary reaction, if my vision succeeds then there will be no more bohemian, because there won't be the so-called collective mind that tries to dominate people. With that, the man will be at ease with himself. Of course it doesn't have to interfere in anyone's life, but since it is his own life, he has to live it on his own terms. just then there will be creativity. Creativity is the fragrance of individual freedom. They asked me: “You can, please say something about creativity and discipline?”

Discipline is a beautiful word, but it has been misused, like all the other beautiful words.

words have been misused in the past. The word discipline has the same root as the word disciple, and the root meaning of the word is learning process. one who is ready

to learn is a disciple, and the process that makes the individual ready for the learning is the discipline.

The educated person is never ready to learn, because he thinks he already knows, and it is very centered on its so-called knowledge. Your knowledge is nothing more than a food for your ego. On the face of it, he cannot be a disciple, he cannot have real discipline.

Socrates said: "I know only one thing: that I know nothing." This is the principle of discipline. When you know nothing, of course there is a great urge to inquire, explore, investigate. And, in the

the moment you start to learn, another inevitable factor happens: anything that has learned has to be continually discarded, otherwise it will become knowledge, and knowledge will impede further learning. the real man of discipline never accumulates. Every moment he dies to whatever he acquires from knowledge and becomes ignorant again. This ignorance is really luminous. be in a state of not knowing luminous is one of the most beautiful experiences in existence. When are you in this state, the person is open. There is no barrier and therefore the person is ready to explore. You Hindus cannot do this, as they are already knowers. Mohammedans cannot do either that, nor the Christians. Discipline has been misinterpreted. people tell others to discipline your life: do this, don't do that. Thousands of things that should and shouldn't be made are imposed on the man who, living with this demand, cannot be creative. It ends by to be a prisoner, since everywhere he has to come up against a wall.

The creative person has to dissolve all duties and prohibitions. she needs freedom and space, a wide space, needs all the sky and all the stars. only then your deeper spontaneity can begin to grow. Therefore, it is good to remember that the discipline of which I speak is not the Ten Commandments,

since I do not give man any subject. I simply give you a vision of how to keep learning and never become knowledgeable. Man's discipline must come from his own heart, it must be yours. This makes a big difference. When someone else gives you the discipline, it can never be yours. it's how to use someone else's clothes: either will be too loose or too tight, and the person will feel a little uncomfortable in them.

Muhammad gave a discipline to the Mohammedans, and it may have been good for him, but it cannot be good for no one else. Buddha gave a discipline to thousands of Buddhists, and it may have been good for him, but it can't be good for anyone else. Discipline is an individual phenomenon. It's for that, whenever a subject is borrowed, the individual starts to live in accordance with established principles, dead principles. And life is never dead, life is in constant change, every moment. Life is a flux.

Heraclitus is right: you cannot step into the same river twice. In fact, on my own, I would say that you cannot step on the same river even once, as the river is so fast! IT'S

I need to be alert, attentive to each situation and its nuances, and respond to the situation according to the

time, and not in accordance with any prompt responses given by third parties. You can see the stupidity of humanity? Five thousand years ago, Manu gave a discipline to the Hindus, who still follow. Three thousand years ago, Moses gave a discipline to the Jews, who still follow it. There are 5 thousand Years ago, Adinatha gave her discipline to the Jains, who still follow her. the whole world is getting crazy because of these disciplines! These people are out of date, and should have been long buried. They're carrying corpses, and they stink. And when you live surrounded by corpses, what kind of life can you have?

I teach man the moment, and the freedom of the moment and the responsibility of the time. One thing can be right this moment and it can be wrong the next. O

man must not try to be consistent, otherwise he may be dead. only dead people are consistent.

Be alive intensely, with all its contradictions, and live each moment without any reference to the past, without any reference to the future either. By living in the moment, in the context of the moment, the answer will be total. And this totality, in addition to being beautiful, is creative. So, the

whatever you do, it will have a beauty all its own.

# Aging

"Can you tell me something about old age?"

A person can grow old or grow. The aging person simply did not live off absolute mode. Time passed, but he did not live. Your whole life is nothing but repression. Me I teach people not to grow old. That doesn't mean they won't get old. This means that I offer man another dimension: growth. Surely the man will grow old, but that's only with regard to the body. However, your conscience, your existence, they won't grow old, just grow. Man continues to grow into maturity.

However, all the religions of the world have committed such crimes, for which they cannot be forgiven. Instead of teaching man how to live, they teach him how not to live, how

renounce life, how to renounce the world. This world, according to religions, is a punishment. The man is in prison. So the only thing to do is to get out of prison as fast as possible.

possible. This is not true. Life is not a punishment. Life is so valuable it cannot be a punishment. Life is a reward. And you must be grateful to existence that it chose to breathe through you, love through you, sing through you, dance through you.

One who continues to grow in maturity and understanding never grows old. and it is always young, because he is always learning. The act of learning keeps a man young. it is always young, because he is not burdened with repressions. And not carrying this weight causes that you feel like you are just a child, a newcomer to this beautiful Earth.

I once heard that three priests were going to Pittsburgh. They arrived at the window to buy tickets and were attended by an extraordinarily beautiful woman. your clothes were practically insignificant. She had beautiful breasts and was wearing a v-neck.

The youngest of the priests went to the window of the window, but he had forgotten all about the trip because he could only see those beautiful breasts in front of him.

- What can I do for you? asked the woman.

“Three tickets to Tetópolis,” said the younger priest.

The woman was startled.

– You are a priest! – she exclaimed.

The second priest approached and pushed him aside. And he said to the woman:

– Do not be angry, he is young, immature. Give us three tickets to Tetópolis…

The woman looked at him as if to say "Are all these men crazy or something?"

– … And remember one thing: I would like to have change in nipples and 10 coins cents.

Then the woman started screaming:

– This is too much!

The older priest then approached and said:

- My daughter, do not be angry. These boys stay in the monastery, without leaving, without seeing anything.

You must have a little understanding of the life they lead, because they've renounced the life. Calm down. Now we need three tickets to Tetópolis.

The woman couldn't believe them: all three of them seemed to be idiots! the eldest priest said:

– Remember one thing: I advise you to use other clothes to better cover your beauty body. Otherwise, remember that, on the day of judgment, the Holy Finger will point out your Pedro For you!

This is the situation of the obsessive person. The more he denies life, the more obsessive the person becomes.

makes it with the same life. Until now, man is not allowed to live a non-obsessive life.

All religions and governments are angry with me for the simple reason that I am in favor of man, his freedom and a non-obsessive life, through a natural flow, pure, joyful, that makes life as a whole a paradise.

Nobody is looking for a paradise in the clouds. If there is one there, the man will go get hold of it, but first, it is necessary to make a paradise here on Earth, which will be the preparation of the being human. If it is possible to live in a paradise on Earth, then this one, wherever it is found, will be of man. And no one else will be able to claim it, at least not these priests, monks and nuns! All these people are linked to hell, because on the surface they are one thing and by inside are just the opposite. You have to try to be natural. Risk everything to be natural and not

will come out losing.

“Why is there the expression 'old pervert'? I'm getting old and I suspect that people are beginning to think about me in exactly these terms.”

The old pervert exists because of a society that has long been repressive. The old man pervert exists because of the saints, the priests, the Puritans. If people are allowed to live your sex life with joy as you approach 42 years old (remember: 42 and not 48), and only when they are turning 42 does sex begin to lose its grip on them. Of the same The way sex appears and becomes very powerful at 14, it starts to disappear at 42. It's a

natural course. And when sex disappears, the elderly have a love and compassion of a totally different way. There is no sexual appetite in your

love, there is no desire, and the old man does not want nothing to do with it. Your love has a purity, an innocence. Your love is a joy.

Sex gives pleasure. However, sex is only pleasurable when having sex. The pleasure is the final result. If sex became irrelevant, it was not because it was repressed, but because of sex.

to have been experienced so deeply that it is no longer of value. The elderly met the sex, and knowledge always brings freedom. The elderly knew sex fully and, for this reason, the mystery is over, there is no more to be explored. With this knowledge, all energy, sexual energy, is transformed into love, compassion. And then they start to distribute happiness. From then on, the elderly person is the most beautiful man in the world, the cleanest man in the world.

There is no expression such as the “pure old man” in any language. At least not that the author has knowledge. But the expression “old pervert” exists in almost every language. O

The reason is that, despite the body getting old, tired, and wanting to get rid of all sexuality, the mind, owing to repressed desires, still yearns. When the body is not capable, and the mind it continually chases after something the body is incapable of doing, it is because the old man is confused. Per on the one hand, your eyes are sexual, have a burning desire, and on the other hand, the body is dead and without shine. And your mind keeps urging you on. He starts to have a pervert look, his face starts to look like a pervert, and finally, there's something ugly about him. Here's an interesting story, from a man who happened to overhear his brother and wife arguing about his frequent travels.

his business out of town. The sister continued to suggest that the wife should be concerned about the the fact that her husband is always unattended in these chic convention resort hotels with so many independent and attractive career women around.

– Me, worry? - Said the wife. – Why, if he never cheated on me? He is very faithful, very decent... very old.

The body ages, sooner or later, because it is forced to age. However, if the desires of the body are not lived, they will protest and will be forced to create something ugly in the elderly. O

old man can become the most beautiful man in the world, by achieving innocence like a child, or even deeper than a child's innocence, becoming a sage.

But if the desires are still there, working like a chain, then the old man will be trapped in turmoil.

A very elderly man was arrested for trying to sexually molest a young woman. Seeing that 84-year-old man in court, the judge reduced the charge from rape to assault with a gun inoperative.

The one who is getting older must remember that old age is the height of life. must have in also mind that old age can be the most beautiful experience, since the child has hope in the future, she lives in the future. The child has great desires to do this, to do that. All

child thinks he will be someone special, like Alexander the Great, Josef Stalin, Mao Zedong.

Live in desires and in the future. The young person is very controlled by instincts, all instincts, which explode in it. The sex is there: the young person is possessed by these great natural forces of which he does not can get rid of. The ambition is there, and time is quickly running out, and he has to do something, it has to be something. All these childhood hopes and fantasies have to be met, and that's why he's running and in such a hurry.

The old man knows that those childish wishes were really childish. Do you know that all those days of youth and turmoil are gone. And it's in the same state as when the storm passes and the silence prevails. This silence can be of enormous beauty, depth and richness. if the elderly is really mature, which rarely happens, then it will be beautiful. But people only grow in age, do not grow in wisdom. Here's the problem. Grow up, become more mature, become more alert and aware. And old age is the last opportunity given to man: before death comes, the man must prepare. And how does man prepare for death? becoming more meditative.

If some hidden desires are still there, and the body is aging and not able to satisfying those desires is no cause for concern. Just meditate on these desires, observe, be aware. The simple fact of being aware, attentive and alert will make these desires and the energy contained in them can be transmuted. But it is necessary to be free from all wishes before death comes. When I say to be free from all desires I want simply say to get rid of all objects of desire. Then there is pure desire. That pure desire is divine, that pure desire is God. Then, then, there is pure creativity, no object, no address, no direction, no destination, just

pure energy, a well of energy, that goes nowhere. This is Buddhahood.

The master

“For the Western world, the terms 'freedom' and 'master' are practically mutually exclusive. For those who the met, Osho, this is extremely imprecise. How do you redefine the idea of freedom and master for the Western understanding?”

The western world has not come into contact with the great reality that takes place at the meeting between a master and a disciple. Of course, it's not visible. It's like love, but much bigger, and much deeper and much more mysterious.

The West knows saints and followers. Saints demand surrender and demand faith. And in the the moment man becomes a believer, he ceases to exist, all his individuality is off. From then on, the man is a Christian, or a Jew, but he is not himself. The phenomenon of Master and disciple happened in the East, in its heyday, when there were people like Lao Tzu, Zarathustra and Gautama Buddha. They created a totally different kind of relationship. Nobody can paint like a Picasso, nor can he be like a Michelangelo. O

The West misses having a Gautama Buddha. Jesus can by no means be compared to he. Jesus was simply a Jew who believed all Jewish dogma. he is faithful, in the faithful truth a little too much. Gautama Buddha, on the other hand, is a rebel, not a follower of nobody. And Lao Tzu isn't a follower of anyone either. Neither of them has any scripture, or any belief system. They sought on their own, by themselves, taking risks, once they distanced themselves from the crowd to follow a lonely path, not knowing where this journey would end, but trusting their hearts, experiencing little hints that the peace was growing, that love blossomed, that a new fragrance came to her stocks, that his eyes were no longer filled with the accumulated dust of the past. One tremendous clarity and transparency… And they knew they were on the right track. There is no guide, and people won't meet anyone on the way to get information about the distance to the destiny. It's a lonely flight, from beginning to end. However, after man finds a true in itself, it becomes naturally aware that there is no need for any

organized religion – it is an obstacle –, of no priest and no mediator, because they they will not allow man to come to the truth. Such a man, the one who found the truth, become a master.

The difference is subtle, and it has to be understood. The disciple is not a follower, the disciple simply falls in love. It's not called a lover of followers. Something awakened in your being, in the presence of someone. It's not the case that he was convinced of that someone's ideas. It's not a a matter of conviction, it is not a conversion, it is a transformation. The moment a person who is in search comes into contact with someone who has met, there is a big sync. Looking into each other's eyes, not saying a word, something they never dreamed suddenly becomes the greatest reality.

It is not about belief, because belief is always in philosophies, in ideologies. It's not faith, because the

faith is in fictions for which no one can find an argument or evidence. Its about confidence. What connects the master to the disciple is trust. trust is the biggest flowering of love. And how can love make one a slave? Himself

The fact that it is love that unites the master and the disciple is sufficient indication that the master it will prepare all possibilities for the disciple's freedom, otherwise it will betray love, and no master can betray love. Love is the ultimate reality. The man has to fulfill the love through your actions, your words, your relationships, your silences. whatever do, man has only to fulfill one thing, and that is love. And if a person is groping in the dark, a disciple comes to her... Only a priest can explore him, a politician can explore it. Both the priest and the politician are looking for followers. The politician and the priest are in agreement on one point: that they need followers, because only in this way can they become someone. And they divide their territories: the politician stays with the mundane and the priest with the spiritual. Between the two territories, they make all of humanity slaves. And so they have destroyed the freedom for all.

The biggest contribution came from some masters who achieved not only their own freedom, but also the freedom of those who loved them. It is simply inconceivable: if the disciple loves the master, how can the master enslave the disciple? If the disciple loves the master, then the second will

only be happy with the freedom of the first. What makes the master happy is seeing the disciple spreading its wings to the sky, towards the unknown, the distant, the mystery, and not stuck to a certain dogma, creed, cult, religion, philosophy. These are all different names of chains, made by different types of people, but the purpose is the same.

The West did not know masters… It knew popes, it knew prophets, it knew saviors, met saints. The West doesn't really know that there is a dimension that has been lost, and that this is the most valuable dimension. Due to this loss, a great evil emerged.

understood. It happens... like in Aesop's beautiful parable.

A fox tried, jumping as far as possible, to reach the beautiful ripe grapes hanging A fox tried, jumping as far as possible, to reach the beautiful ripe grapes hanging right above your head. But his jump was less than the distance of the grapes. Tired out, perspiring, and after falling down many times, she looked around to see if anyone was seeing her.

A small rabbit hiding in a small bush was watching. This was dangerous, for that rabbit could spread the news far and wide. The fox walked away from the grapes.

The rabbit went after him and asked:

– Uncle, just one question: what happened? Why can't you reach the grapes?

The fox was very angry and said:

- I suspected, the moment I saw you, that you would create rumors about me. I chose not to pick those grapes because they're not ripe. And if I hear someone talking about those grapes, I will kill you because you are the only witness.

It's a little parable, but it has a huge meaning: what you can't reach, the individual begins to condemn, here, in that case, the grapes are not ripe. repeating the initial question: “For the Western world, the terms 'freedom' and 'master' are practically exclusionary. For those who knew you, Osho, this

is extremely imprecise. Like you redefines the idea of freedom and master for Western understanding?”

The word master creates confusion. It gives the idea that the disciple has become a slave, that someone has become your master. In the East, the word is used in the sense that the individual he has become master of himself, that he is no longer a slave, that he has achieved freedom. languages

different, grown in different environments, by different people, different experiences, are liable to create that kind of confusion.

Being a master of oneself was never a goal in Western consciousness. In the West, be master has always been to conquer others, to be master of others. It's difficult to translate many words eastern to western language. You encounter the same difficulty when you want to translate to quantum physics for eastern languages. You can't find the right terms, because before coming to language, the experience has to be there. Experience creates language. And when trying the Otherwise, very funny things can happen. The oriental word for master is acarya. THE

The word acarya means that the individual lives his life authentically, in accordance with the own conscience and sensitivity. What can such a person offer to the one who comes close to him?

Being with acarya will make anyone learn one thing: how to live in freedom, with conscience, in deep integrity and dignity. We are using the word master for acarya.

The word disciple is more fortunate, because the oriental word shishya and the word disciple they have exactly the same meanings, for different reasons, but the meanings are the same.

The disciple is the one who is trying to learn something. The meaning of the root of the word disciple is the same as the root of the word discipline, and it means to prepare to learn, to understand. It's very good that way, it can be used. With regard to the word master...

The disciple fell in love with the man and wants to learn the same freedom, the same sincerity, the

same integrity, reaching the same level of consciousness. And there isn't even the question of surrender nor the question of belief. In the presence of the master, in the environment of the master, the disciples begin to grow into new dimensions, which they didn't know they carried within themselves as something in potential. The master offers them nothing but love, which cannot be said either.

that he offers. Love is simply showered, just as the sun casts its rays on all the flowers, all the birds, all the animals, so whoever

approach the master, is showered with love.

If the person is looking, if they are ready to learn, if they haven't learned yet, if they haven't yet acquired prejudices, if you are not yet a believer, if you have not sold your soul to some theology, religion or ideology, it is enough to be close to the master that something starts to transpire. Is light transmission. This is what is known in the East: a transmission of light from a heart, which it has come to its own fire, to another heart, which is groping in the dark. Only if approaching... Just imagine two candles, one lit and the other extinguished, arriving more and more close. There comes a time when, suddenly, and surprisingly, both candles are lit. The flame jumped to the other candle. Just a certain proximity. love creates this proximity, and the flame jumps from one heart to another. It's not about someone surrendering, not it's about someone believing.

But the question mentioned is significant, because even in the East you don't find the master who I define here. The East has fallen into the depths of darkness. Gautama Buddha's days are not one more reality, but just a beautiful memory, a dream that maybe happened or maybe someone dreamed.

One morning a great king, Prasenjita, came to Gautama Buddha. had in one of the one hand a beautiful lotus flower and, in the other, one of the most precious diamonds of that time. Outside because his wife was persistent in saying, “Although Gautama Buddha is here, you lose your time with idiots, talking about unnecessary things.”

From childhood the wife used to go to Gautama Buddha. Then she got married. Prasenjita not

he had this inclination, however, as his wife was very insistent, he ended up saying: “It's worth it pay at least one visit to see what kind of man this is.” However, as it was a man with a very big ego, he took the most precious diamond of his treasure to give as a gift to Gautama Buddha.

I didn't want to go there just like an ordinary man. Everyone had to know... In the In fact, I wanted everyone to know: "Who is the greatest: Gautama Buddha or Prasenjita?"

That diamond was so precious that it caused many fights and was the cause of many wars.

The wife laughed and said:

- You are completely unaware of the man I'm taking you to. you better take one flower than a gift stone for him.

Although he couldn't understand it, he said:

– There is no harm, I can take both. We will see.

When he got there, he offered his diamond, which he carried in one hand, and Buddha I simply said:

– Drop it!

In fact, what could he do? He dropped the diamond. He thought maybe his wife was certain. In the other hand he was carrying the lotus flower, and when he tried to offer it, Buddha said:

– Drop it!

He dropped the flower too and was a little afraid, as the man seemed to be insane, but for on the other hand, 10,000 disciples. And he stood there thinking that people must be thinking he's Stupid. And Buddha spoke for the third time:

– Can't you hear me? Drop it!

Prasenjita said to himself: “He really is crazy! I dropped the diamond, dropped the flower of lotus, and now I have nothing.”

And at that very moment Sariputta, an old disciple of Gautama Buddha, began to laugh. THE

laughter made Prasenjita turn to him and ask:

- Why are you laughing?

– You don't understand the language. He's not telling you to drop the diamond and the flower from lotus. It is saying to let go of yourself, to let go of the ego. You can have the diamond and the lotus flower, but drop the ego.

“Don't take it back,” added Sariputta.

Those were beautiful days. Suddenly, a new heaven opened up for Prasenjita. dropped at the feet of Gautama Buddha in absolute humility, and never left him. became part of the great caravan that used to follow Gautama Buddha. forgot everything related to your kingdom, everything. The only thing left was this beautiful man, this enormous grace, this invisible magnetism, those eyes and that silence. And he was taken by it all.

It is not a matter of belief or conversion, of argument. It is the highest quality of love. It's rare to find a master these days, and there are many imposters. One of One thing you can say about imposters is that you can recognize them right away.

When people are asked to believe in something, to follow a certain rule, regulation, that you have faith in them, that you never doubt, never question, that you have faith without doubts, these are the signs that they are imposters. Wherever you find them, you must leave the place o as soon as possible. However, these people are all over the world, not just in the West, but in the East too. It's very difficult to come across a master capable of giving people

dignity, love, freedom, that doesn't create any kind of slavery, and that doesn't make any contract, and that you don't want people to be your shadow - that you want people to be them same. The moment you can find a man like that will be the greatest moment of your life. Don't miss it. There are many imposters, but authentic masters are very rare.

It is unfortunate that people of the present age have completely forgotten about a It is unfortunate that people of the present age have completely forgotten about a dimension, and not just in the West. In the West, they never discovered it, but in the East, discovered it, and lost. And if there are no more masters who have reached their potential supreme, who have become God for themselves, so it is very difficult for the disciples who are groping in the darkness, unable to see, in all sorts of detours, finding his own dignity, your own self. I strive here not to create disciples - this is just the preface

– but to create masters, as many masters as possible. The world needs it immensely, with urgency, of many people with conscience, love, freedom and sincerity. only they can create a certain spiritual atmosphere that can prevent this world from being destroyed by forces suicidal, which are very powerful, but not more powerful than love.

Zorba the Buddha

"What is your idea about rebellion and rebel?"

My idea about rebellion and rebel is very simple: a rebel is a man who does not live like a robot conditioned by the past. Religion, society, culture - anything that be from the past – they do not interfere in any way with your way of life, your way of life.

The rebel lives individually... not as a cog in the gear, but as a organic unit. Your life is not decided by anyone else, but by your own intelligence. The very fragrance of your life is that of freedom. He doesn't just live in freedom, but it also allows everyone else to live in it too. Do not allow anyone to interfere in your life, nor does it interfere in anyone's life. For him, life is sacred, and freedom is the value Final. He is able to sacrifice everything for freedom: respectability, status, and even his own life. Freedom, for the rebel, is what God used to be for so-called religious people in the past. Freedom is your God.

Men have lived, through the ages, like sheep, as part of a multitude, following their traditions, conventions, ancient scriptures and old disciplines. But the way of life it was anti-individual: one who is a Christian cannot lead an individualistic life, one who is a Hindu it cannot be individualistic.

Rebel is one who lives totally according to his own light and risks everything for the value final that is freedom. The rebel is the contemporary person.

Crowds are not contemporary. Hindus believe in scriptures that have 5,000 or 10,000 years old. This is also the case for other religions. The dead are ruling the alive. The rebel rebels against the dead and controls his own life. not afraid to stay alone, on the contrary, he cherishes solitude as if it were one of the most precious treasures. The crowd it gives people protection and security at the expense of their souls, enslaving them. Furthermore, it gives guidelines on how to live: what to do, what not to do. All over the world, every religion offers something like the ten commandments, and these were done by people who had no idea how

it would be the future, of how man's consciousness would be in the future. It's like a small child were about to write the story of his whole life without knowing anything about youth, without knowing nothing about old age, knowing absolutely nothing about what death is.

All religions are primitive, brutish, and have shaped people's lives. It's natural, because the the whole world is full of suffering: the human being is not allowed to be himself.

Every culture wants it to be just a carbon copy, never its original face.

The rebel is one who lives according to his own light and who moves according to the own intelligence. Make your way by walking on it, don't follow the crowd on the freeway. Your life is dangerous, but life that is not dangerous is not life. Accept the challenge of the unknown. No

it attends to the unknown that will come in the future, prepared by the past. That's what creates all the anguish of humanity: the past prepares the human being and the future will never be past. the yesterday of someone will never be yours tomorrow. But until now, this is how man has lived: his yesterday or prepare for your tomorrow. The preparation itself becomes a hindrance. he can't breathe freely, you cannot love freely, you cannot dance freely, for the past paralyzes you from every possible way. The burden of the past is so heavy that everyone is crushed under it.

The rebel simply says goodbye to the past.

It's a constant process, and that's why being a rebel is being in constant rebellion, because every moment will become the past, every day will be transformed into the past. It is not that the past is already in the cemetery, even because man circulates through the past at all time. Therefore, the rebel has to learn a new art: the art of dying in every moment that passes, so that you can live freely in the new moment that comes.

The rebel remains in an ongoing process of rebellion, he is not static. And this is where I do a distinction between the revolutionary and the rebel. The revolutionary is also conditioned by the past. It may not be conditioned by Jesus Christ or Gautama Buddha, but it is conditioned by Karl Marx, Mao

Tse-Tung, Joseph Stalin, Adolf Hitler or Benito Mussolini... it doesn't matter who conditions it. The revolutionary has his own Holy Bible: Capital; your holy land: the Soviet Union; its own Mecca: the Kremlin. And like any other religious person, he doesn't live according to the conscience itself. On the contrary, the revolutionary lives according to a consciousness created by others. So the revolutionary is nothing but a reactionary. He it may be against a certain society, but it is always in favor of another society. He can be against one culture, but is ready to accept another culture. It just continues to move from one prison to another – from Christianity to communism, from one religion to another, from Hinduism to Christianity. The revolutionary just changes prison.

The rebel simply leaves the past and never allows the past to dominate him. It is a constant process. The rebel's entire life is a burning fire. Until the last breath, the rebel has the freshness of youth. It will not respond to any situation according to its

past experience. Every situation will be answered by him according to his conscience in the gift.

For me, being a rebel is the only way to be religious, and so-called religions are not religions, in absolute. Religions have completely destroyed humanity, enslaved human beings and chained their souls. Although it may seem that outwardly the human being is free, inwardly he it maintains a consciousness created by religions that constantly dominates it. rebel is that who throws away all the past because he wants to live his own life according to his own yearnings, according to its own nature, and not according to some Gautama Buddha, or according to with some Jesus Christ or Moses.

The rebel is the only hope for the future of humanity.

The rebel will destroy all religions, all nations, all races, because they are all rotten, finished, preventing the progress of human evolution. Do not allow anyone to develop fully: instead of human beings inhabiting the Earth, they want sheep.

Jesus continually says: "I am your shepherd and you are my sheep..." And one wonders why that no man ever stood up and argued, “What kind of nonsense

are you talking about? if we are sheep, so you are a sheep too, and if you are a shepherd then we are also

pastors.” Not just his contemporaries...but no Christians in the last 2,000 years raised the question that this is a great insult to humanity, a great humiliation to call sheep human beings while calling himself a shepherd, a savior.

“I came to save you”... and he couldn't save himself! Still, almost half of the humanity is hopeful that he will come back to save her. The human being cannot save himself same. It takes the interference of the only begotten son of God, Jesus Christ. And he promised to his people: "I will come soon, in your own life"... and 2,000 years have passed, many lives have passed and there seems to be no sign, no clue...

But all religions have done the same thing, in different ways. Krishna says in the Gita that whenever there is suffering, whenever there is anguish, whenever there is a need,

"I will come back, over and over again". Five thousand years have passed and he has not been seen once. No the “repeated times” matter! These people, however beautiful their statements may be, do not had respect for humanity. The rebel respects human beings and life, has a profound respect for everything that grows, thrives, breathes. Do not put yourself above others, in a position more sacred, higher. He is just one among men. And can claim only one only thing: he is braver than the others. The rebel cannot save men, for these they can only be saved by their own courage. The rebel cannot lead men, only the it is their own courage that can lead them to the fulfillment of their lives.

Rebellion is a way of life. For me, this is the only authentic religion. That's why, that who lives according to his own light, can often go astray and fail many times and yet each failure, each deviation will make you wiser, smarter, more

understanding, more human. There is no way to learn other than by making mistakes. just not make the same mistake again. There is no God, except one's own conscience. There is not need for any pope, ayatollah Khomeini or any

shankaracharya to mediate between man and God. They are the biggest criminals in the world because they are exploiting the helplessness of the human being.

Some time ago the pope declared a new sin: that people should not confess directly with God, they have to confess through the priest. confess directly with God, that is, communicating directly with God, is a new sin. strange... you can to clearly see that this is not religion, that this is a business, because if people start to become confess directly to God, then, who is going to confess to the priest and fulfill the penalty? The priest becomes useless, and the pope himself becomes useless. All priests pretend that they are mediators between man and the ultimate source of life. They know nothing of the ultimate source of life, for only each man is capable of knowing his own source of life. However, its source of life is also the supreme source of life, since men are not isolated.

No man is an island, men are a vast continent beneath. maybe on the surface man may look like an island, and there are many islands, but deep down in the ocean lies with other men. Man is part of a land, a continent. The same applies to consciousness. But it is necessary to be free from churches, temples, mosques, synagogues. the man has to just be yourself and take on the challenge of life wherever it takes you. The man is your own guide. Man is his own master.

It's an old association and a misunderstanding to say that to be a non-conformist you have to be a rebel. The nonconformist is a reactionary, acts out of anger and hatred, and with violence and ego.

Your action is not based on consciousness. Although it goes against society, just being against the

society does not necessarily mean being right. In fact, most of the time, going from a extreme to the other is always going from one injustice to another. The rebel has enormous balance, and that doesn't it is possible without awareness, without being alert, without having great compassion. It's not a reaction, but of an action, not an action against the old but for the new. the nonconformist is just against the old, against the established, but it has no creative conception of why is against, has no vision of the future. What will

you do if you are successful? will be confused and completely embarrassed. Never thought about it. Never felt embarrassment because never succeeded. Your failure has been a great shelter to him. When I say "reaction"

I mean that the nonconformist's orientation is basically dependent: he doesn't act freely and independence. This has very profound implications. It means that your action is just a by-product, in addition to being able to mean that its action can be controlled very easily. There is a short story about mulla Nasruddin, a nonconformist, a fundamental reactionary, an absolutely negative mind. If your father said, "You have to go to the right", it would be right he would go left. Soon the father realized this and then he no longer had

problems. When he wanted his son to go to the right, he would say: "Please go to the left", and the mulla was going to the right. Although the son was disobedient and non-conformist, he didn't have the slightest aware that he was guided, ordered, controlled and that, in fact, he did what his father wanted that he did.

Little by little the son also became aware: “What's the problem? Before my father he used to get really angry when he told me to go right and I went left.

I continue to be naughty as always, but now he never complains.” Soon he discovered the strategy.

One day old father and Nasruddin were both crossing the river with their donkey and, on the donkey, there was a big bag of sugar. The bag was tilted more to the right and there was the danger that it might slip and fall into the river.

The father was in the back and thought, “I have a son so weird that if I say, 'Move the bag to the left', he will immediately move the bag to the right and it will fall into the river, and all the sugar will be lost.”

So the father, thinking that the son would move the bag to the left according to the old experience, shouted:

– Nasruddin, move the bag to the right.

However, by this time, Nasruddin had discovered the trick and so said:

- It's ok.

That said, the son pulled the bag to the right, and the bag fell into the river!

- What happened? Are you no longer disobedient? – asked the father then.

– Now I will decide, each time, whether I will be obedient or not. I will not have a fixed philosophy, I will change according to the situation, because you've been shrewd with me, and you've been deceiving me. It's me son and even so, he's been deceiving me! You've been giving me orders in such a way that I had to disobey. From now on, be alert. I can obey as much as I can disobey. From now on, I won't be predictable, controllable, I won't be in your hands - replied the son.

The non-conformist is always in the hands of society and the established power. The power instituted just needs to be a little smarter and cunning so that they can use the no conformist very easily, without any difficulty.

However, the instituted power can never use the rebel, because he doesn't react to the power

established. The rebel has a vision of the future, of a new man, of a new humanity.

It works to create that dream and to make it a reality. If he's against society, it's because this constitutes an obstacle to your dream. Your focus is not on instituted power, your focus is on the unknown future, on the potential possibility. Acts motivated by your freedom, by your vision, for your dream. Your conscience decides which way to go.

"What is the relationship between your rebel and 'Zorba the Buddha'?"

My rebel, my new man, is "Zorba the Buddha". humanity believes in reality of the soul and in the illusory character of matter or in the reality of matter and in the illusory character of the soul.

The humanity of the past can be divided into spiritualists and materialists. However, nobody bothers to look at the reality of man. Man is both spirit and matter. It's not even just spirituality, since it's not just consciousness, it's not just matter. Man is a great harmony between matter and consciousness.

Or perhaps matter and consciousness are not two things, but just two aspects of one only reality: matter is the outer part of consciousness and consciousness is the inner part of matter. But not a single philosopher, sage, or religious mystic from the past declared this unity, as they were all in favor of the division of man, coming to call one side real and the other, of unreal. This created an atmosphere of schizophrenia around the world.

You cannot live just as a body. That's what Jesus means when he says “Man does not you can live on bread alone,” but that's only half the truth. You can't live just like conscience, just as one cannot live without bread. Man has two dimensions of its being, and both must be fulfilled, given the same opportunities for growth. However, the The past was either in favor of one and against the other, or in favor of the second and against the first.

Man was not accepted as a whole. This created suffering, anguish and immense darkness, a night that has lasted for thousands of years and seems to have no end. If you listen to the body, he condemns himself, if he does not listen to the body, he suffers – he is hungry, thirsty, feeling powerless. if listen only to consciousness, your growth will be uneven: your consciousness will grow, but your body will shrink, and the balance will be lost. And on the scale is your health, on the scale if it finds its totality, in the balance is its joy, its song, its dance. the West chose listen to the body and become completely deaf to the reality of consciousness.

end result is great science, great technology, a rich society, a wealth of things mundane, of the common things. And in the midst of this abundance a poor

soulless man, completely lost, not knowing who he is, not knowing why he is, feeling like an accident or a freak of nature. Unless consciousness grows with the wealth of the world material, the body – matter – becomes too heavy and the soul too weak. the man is very overwhelmed by their own inventions, their own discoveries. Instead of creating a beautiful life for man, these discoveries create a life that is considered by all of society Western intellectual as not worth living. The East chose consciousness and condemned matter and everything that is matter, including the body, as maya, illusory, a mirage in a desert that has only appearance but is not real. The East created a Buddha Gautama, a Mahavira, a Patanjali, a Kabir, a Farid, a Raidas, a long line of people with great awareness, with great sensitivity. But it also created millions of poor people,

hungry, starving, dying like dogs, since they have no food

enough, they don't have clean water to drink, they don't have enough clothes, they don't have enough shelter.

A strange situation... In the West, every six months, it is necessary to sink the referring to billions and billions of dollars in dairy and other foodstuffs in the ocean, because there are surplus. They don't want to overload their deposits, they don't want to reduce their prices and destroy the economic structure. On the one hand, a thousand people died in Ethiopia a day and, on the other hand, the Market Common European was destroying so much food that the cost of destruction was millions of dollars. This is not the cost of the food, it is the cost of transporting it to the ocean and throwing it into the sea.

Who is responsible for this situation?

The richest man in the West is searching for his soul, because he feels empty, without any love, just lust, no prayer, just memorized words taught to you in Sunday schools. He has no religiosity, no feeling for other beings humans, no respect for life, for birds, for trees, for animals. And the destruction is so easy. Hiroshima and Nagasaki would not have happened if the man had not considered being just matter. Many nuclear weapons would not have been accumulated if man had considered to be a hidden God, a hidden splendor, not to be destroyed, but to be discovered and brought into the light – to be a temple of God. However, if man is only matter, that is, chemistry, physics, a

skeleton covered with skin, then with death, everything dies, nothing remains. That's why it becomes possible for an Adolf Hitler to kill 6 million of people, no problems. If all people are just matter, there's no doubt about even thinking twice.

The West has lost its soul, its interiority. Surrounded by insignificance, boredom, anguish, cannot find himself. All the success of science is proving useless, because the house it is full of everything, but the master of the house is absent. In the East, the master is alive, but the house is empty. It's hard to be happy with hungry stomachs, with sick bodies, with death in the surroundings, and it is impossible to meditate. Therefore, men, in general, were defeated, unnecessarily. Both spiritualists and materialists, in addition to all their saints and all your philosophers are responsible for this great crime against man.

Zorba the Buddha is the answer. It is the synthesis of matter and soul. It is a statement that there is no conflict between matter and consciousness, that it is possible to be rich on both sides. The man can have everything the world can offer, that science and technology can produce, in addition to still be able to have everything that a Buddha, a Kabir, a Nanak find in their inner being: the flowers from ecstasy, the fragrance of godliness, the wings of supreme freedom. Zorba the Buddha is the new man, is the rebel.

His rebellion consists in destroying man's schizophrenia, destroying the capacity for division –

spirituality versus materialism and materialism versus spirituality. it's a manifest so that body and soul remain together: so that existence is filled with spirituality, that even the mountains are alive, that even the trees are sensitive, that all existence is both matter and consciousness, or perhaps just an energy that becomes express in two ways, as matter and as consciousness. When it is purified, the energy becomes expressed as consciousness. On the other hand, when it is raw, impure, dense, energy appears as matter. But existence as a whole is nothing more than an energy field.

This is my experience, not my philosophy. And it's supported by modern physics and by researches

Man can have both worlds at the same time. No need to renounce this world to have the other, you don't even have to deny the second world to enjoy the first. actually have only one world, when it is possible to have both worlds, is to be poor without needing.

Zorba the Buddha is the richest possibility. He will live his nature to the fullest and he will sing songs from this Earth. It will betray neither Earth nor Heaven. Will claim not only everything that is Earth offers – all the flowers, all the pleasures – but also all the stars in the sky. Go claim all existence as your abode.

The man of the past was poor because he divided existence. The new man, my rebel, Zorba the Buddha claims the entire world as his abode. Everything that is contained in the world is for men, and they have to use it in every way possible, without any guilt, without any conflict, without any choice. Enjoy, without choosing, everything you are capable of enjoy with matter and rejoice with everything that one is capable of rejoicing with consciousness.

Be a Zorba, but don't stop there. Keep moving forward to be a Buddha. Zorba is half, Buddha is half.

Here's an old story:

In a forest near a town lived two beggars. Of course, they were enemies to each other, as are all professionals, whether two doctors, two teachers or two saints. One was blind and the other lame, and both were very competitive. spent all day competing with each other for the city.

But one night their huts caught fire because the entire forest was on fire. O

blind man could run out, but he couldn't see where to run, couldn't see where the fire had not yet spread. The lame man could see that there were still possibilities of escape the fire, but I couldn't run away. The fire was too fast, too wild, so that the lame man could only see his death coming. Both realized that they needed from each other. The lame man had a sudden realization: “The blind man can run, and I I can see." They forgot all the competitiveness between them. At such a critical moment, when both faced death, each of them forgot all stupid enmity.

They created a great synthesis: they agreed that the blind man would carry the lame man in the shoulders. Thus, they would function as a single man: the lame man could see and the man

blind could run. With that, they saved their lives. And because they saved the life of one of the another, they became friends. For the first time, they abandoned the antagonism that existed between them.

Zorba is blind, he cannot see, but he can dance, he can sing, he can rejoice. On the other hand, the Buddha can see, but he can only see. Buddha is pure looking, just clarity and awareness, but he cannot dance and, as he is crippled, he cannot sing or rejoice.

It's time. The world is a big fire, and everyone's life is in danger. O

Zorba's encounter with Buddha could save all mankind. their meeting is the only hope. Buddha can contribute awareness, clarity, eyes to see beyond, eyes to see the which is practically invisible. Zorba can give his whole being to the vision of Buddha and contribute to that this not only remain a dry vision, but that it become a way of life that excels in dance, joy and ecstasy.

I'm giving Buddha the energy to dance and I'm giving Zorba eyes to see beyond the heavens, towards distant destinations of existence and evolution. My rebel is nothing else, none other than Zorba the Buddha.